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Ages:11–14yrs

Brilliant Publications

Healthy Cooking

Book 5

for Secondary Schools

Sandre Mulvany

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Healthy Cooking
for
Secondary Schools

Sandra Mulvany

Book
5

Brilliant Publications

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Introduction

Simple practical cooking is a fundamental life skill that all young people should be able to master by the time they leave secondary school.

Through practical cooking, young people are empowered to make healthy choices themselves. These choices take place all the time: when we plan our meals, when we shop, when we store our food and when we cook it. At every stage of the cooking process, young people need to have the knowledge to turn these choices into informed choices.

The understanding of food, nutrition and balanced diets, safety and hygiene is most successfully acquired through practical experiences. Through cooking and using a wide range of skills, ingredients and recipes, young people are given the chance to appreciate that cooking is for everyone.

Healthy Cooking for Secondary Schools (Book 5) is part of a series of five books, providing a practical cooking programme for schools, designed to foster enthusiasm for cooking and give young people the tools to choose a healthy life. Each book contains 12 easy-to-follow recipes.

For each recipe you will find:

Skill focus for lesson –These become progressively more advanced as you progress through the series

Theory – Providing information on where food comes from, nutrition, balanced diet and healthy eating

Health and safety points.

Each recipe appears in two formats, so that you can choose the format best suited to your students:

Illustrated step-by-step format

Traditional format

The step-by-step format is particularly suited to lower ability groups. The instructions are the same in both versions, so you may use both in mixed ability classes.

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How to use the Resources

All ingredients are based on two pupils sharing, and the timings will all fit into a double lesson of approximately 80 minutes. We recommend you use low-fat options where possible.

Make a display using the Visual Lesson Structure Cards (pages 7–10) and pictures of the recipe and skill to be focussed on in the lesson (to download colour photos of the recipes, log on to www.brilliantpublications.co.uk/PAGE1028 and click on the recipe you want).

Keep the skill, theory and health and safety point sheets to hand so that you can refer to them when demonstrating to pupils. (The language has been kept as simple as possible on these sheets, so you may wish to give copies to your pupils as well.)

Choose the best format of the recipe to use for each pair of children and photocopy sufficient copies. The illustrated versions of the recipes can be photocopied onto either an A3 sheet (if space is an issue, fold it in half so that you view six steps at a time), or reduced to A4 size.

If you place the recipes and other sheets in clear plastic wallets (or laminate them), they can be used again and again.

Encourage children to gather together all the ingredients and equipment they need before starting. They could tick things off on their copy of the recipe.

Demonstrate the recipe 2–3 steps at a time, introducing the skill, theory and health and safety points as you progress through the recipe.

An important aspect of learning to cook is learning to work together. You may wish to display the Discussion cards on pages 11–12 (Communicate, Share, Help, Be pleasant) so that you can refer to these throughout the lesson.

There are assessment sheets on pages 85 and 86 that provide a fun way of testing the practical and theoretical knowledge gained. The Certificate of Achievement on page 87 can either be used as an ongoing record or be given out when all the recipes in the book have been completed.

Above all, have fun and enjoy cooking!

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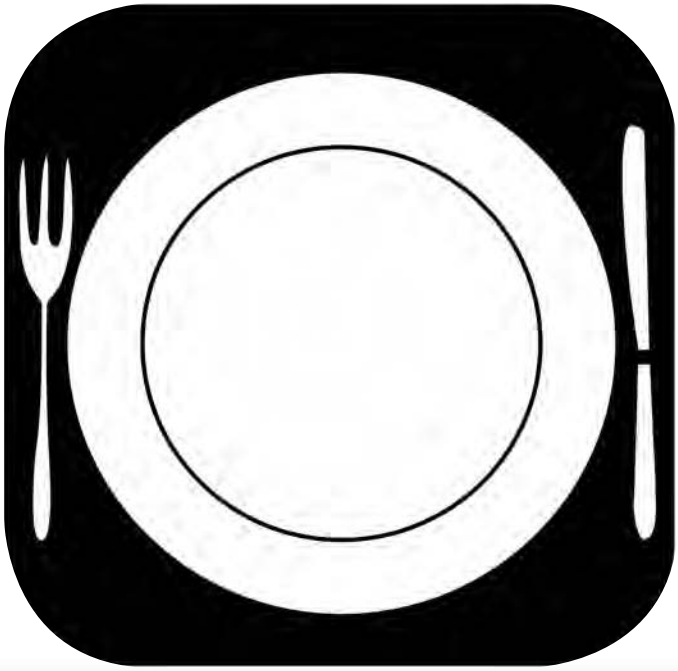
Today We are Making

1



Today We are Learning

2

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Read Recipe

3

Wash Hands and Prepare

4

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Cook

5

Clear Away

6

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Tasting

7

We Have Learnt

8

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Communicate

It is vital to have good communication in the kitchen. If you are working with a partner, it is important to say what you are doing and to agree on who does what. You have to talk about what you would like to do and listen to what your partner wants to do. Then you have to work out a way to make it fair for both of you. You can only come to an agreement if you talk together!

You should also let others know if there are any dangers, such as you opening the oven or if water has been spilt on the floor. Talking is absolutely key to good cooking habits. The better you are at communicating, the better you are at cooking in a school kitchen.

Share

Good sharing follows on from good communicating. If you have communicated well, you will have reached a fair decision about sharing. Sharing works best when it has been done fairly and everyone is happy. Sharing is particularly difficult if it involves doing something really exciting or really boring. You have to imagine that the other person feels very much like yourself. This can be hard to imagine, but it is an important lesson to learn. Sharing is a lot easier when you talk together about things.

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Help

It is important to be able to help others, but it is also important to accept help from others. Help is a two-way thing. If you are offering your help to someone else, it is important that you choose your words carefully. Be kind in giving your help, as it can be hard to accept help given with harsh words. If you have communicated well, you will be able to help each other well. If you are very capable, offer your help kindly, but also let others help you in return, even if it is to do with something you feel you might already know about.

Be pleasant

It is, in fact, very simple to be pleasant. Look at and listen to the person you are working with and notice something he or she does well. Then say something pleasant about that. You will soon discover that the more pleasant you are to people, the more pleasant they are back to you. You can also do something pleasant, like smile at a person or pat someone kindly on the back. Don't just wait for someone to be pleasant to you; try to be the first one to say or do something pleasant.

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Pastry Croissant Moons

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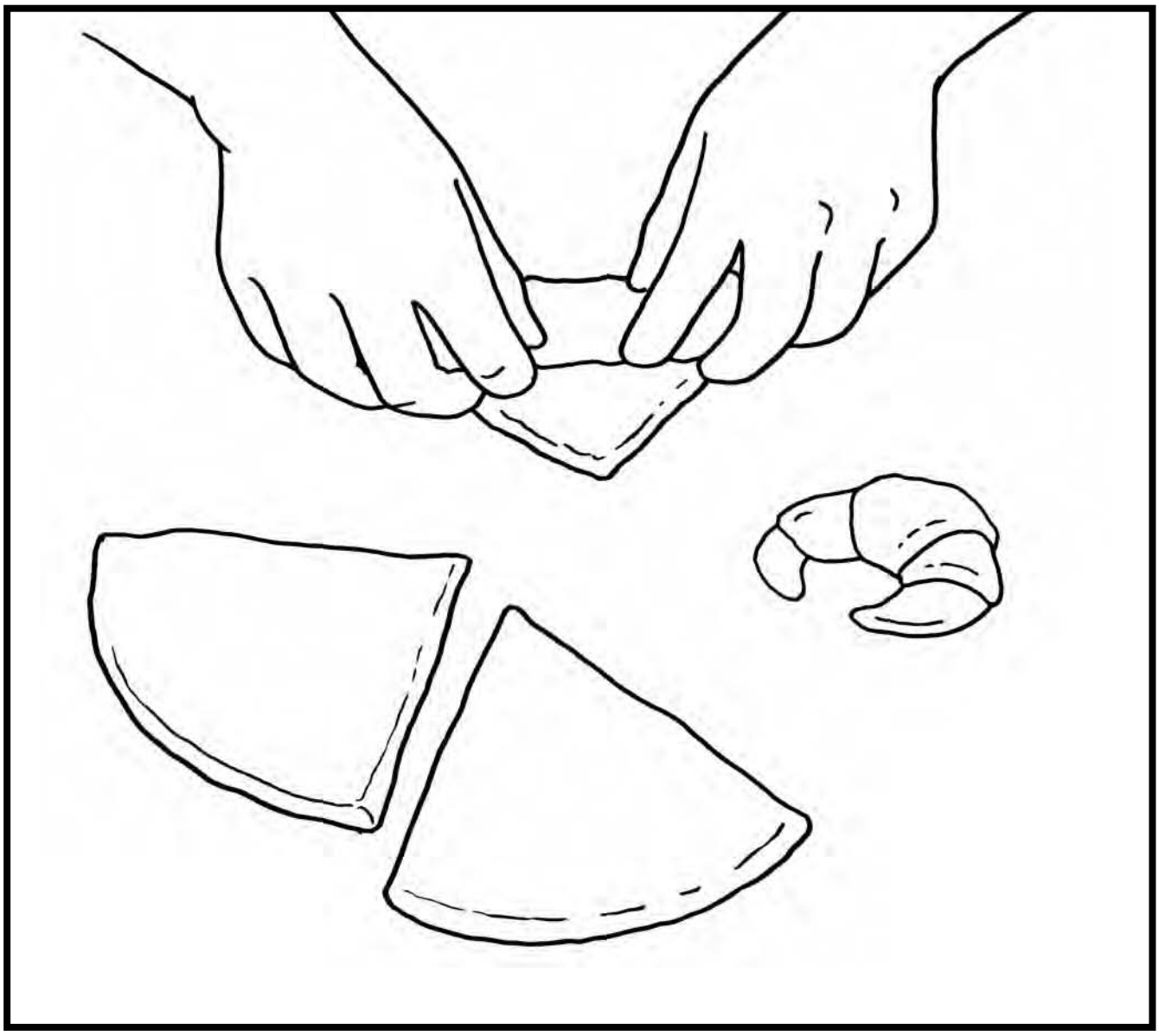
How to Roll a Croissant

It is best to watch a demonstration of someone rolling a croissant. You will see that the dough is first rolled out into a circle and cut in quarters. Next, each quarter is rolled up, starting at the wide end and rolling into a point. Then the rolled-up dough is shaped into a crescent shape and the end or tip is tucked under the dough, so that it doesn't come undone during baking.



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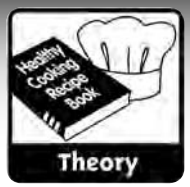
Foods Contain More Than One Type of Nutrient



When we begin to learn about nutrients, we tend to generalize to make it simple. We might say that protein is found in meat and eggs, carbohydrates are found in bread and pasta and vitamins are found in vegetables. This is all true. However, most foods contain more than just one type of nutrient. When we say that eggs have protein in them, this is true, but they also have other nutrients in them, including vitamins A, D and E, B vitamins, iron and calcium. When we talk about nutrients in bread, don't forget that bread flour contains protein in addition to carbohydrates. On top of that, bread also contains yeast, margarine and sometimes milk, all of which have their own nutrients in them.

Be Aware of Smells

Always be aware of the smells in a kitchen, particularly when you have something in the oven. You can generally smell when the food in the oven is ready. You can also smell when it is burning. The more you bake, the more you will be able to understand the smells you smell.

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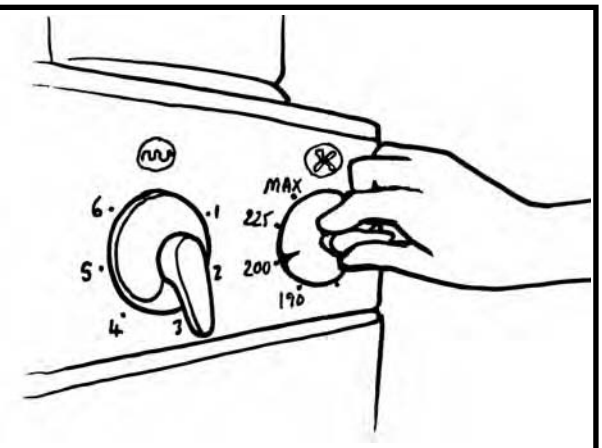
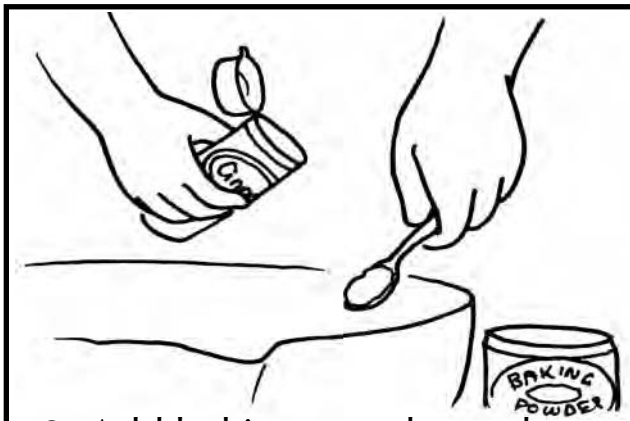
Pastry Croissant Moons

Ingredients:
100g wholemeal flour
25g plain flour
50g margarine
1 tsp baking powder
1 tsp cinnamon
1 egg
2 dsp milk



1. Put the oven on 200°C.

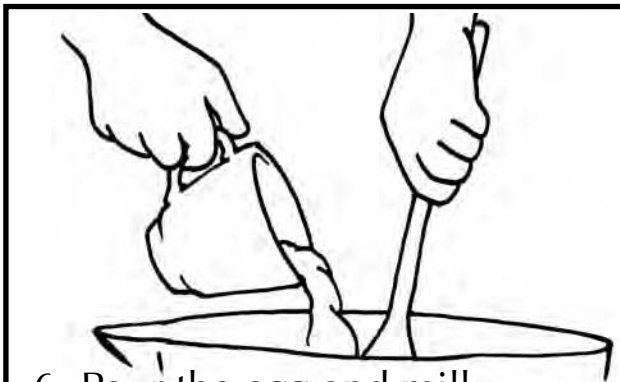
2. Mix flours; rub in margarine.



3. Add baking powder and cinnamon and mix it.

4. Crack the egg into a cup and whisk it.

5. Add the milk to the cup and whisk.



6. Pour the egg and milk mixture into the bowl. Mix to form a dough.

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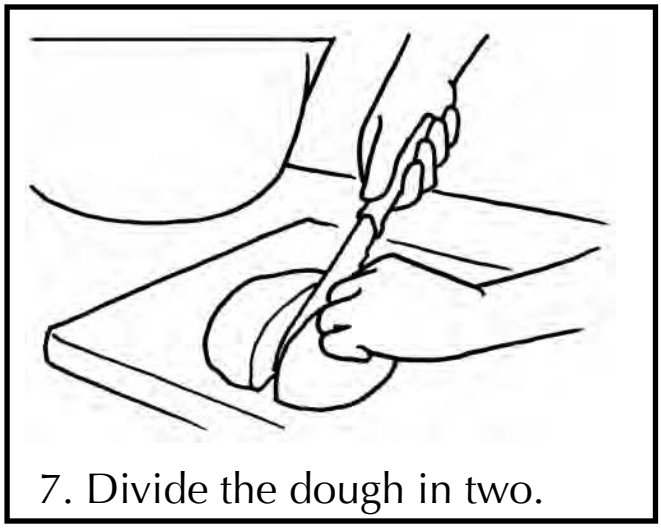
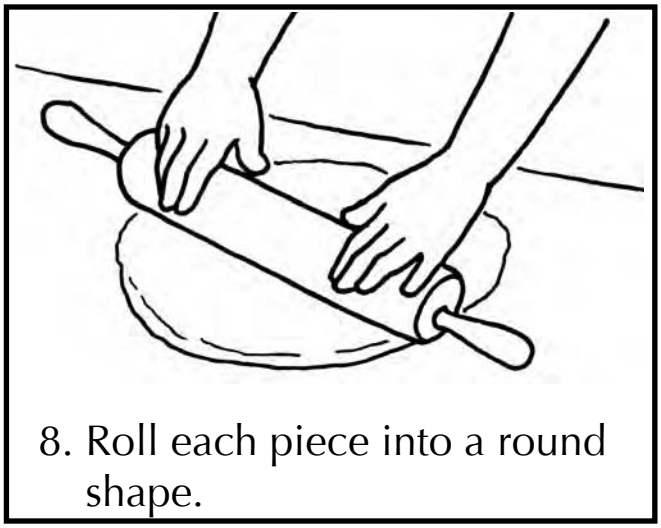
Pastry Croissant Moons (cont.)

Equipment:

Scales	Mixing bowl	Mixing spoon	Knife
Cup	Rolling pin	Baking tray	Measuring spoons
	Whisk/fork	Flour dredger	Brush

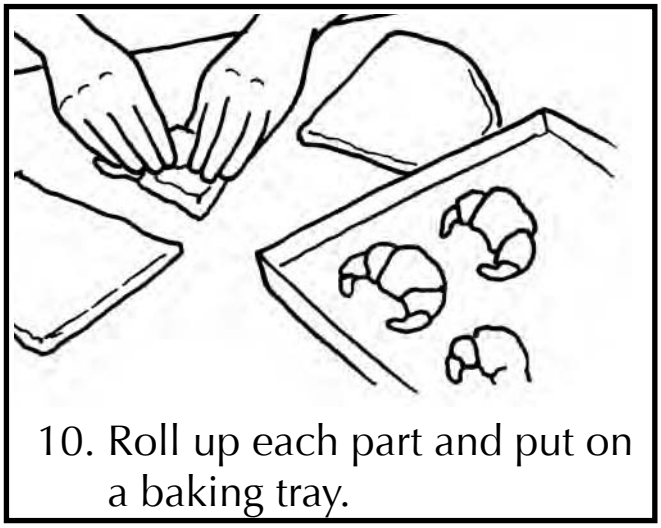


7. Divide the dough in two.

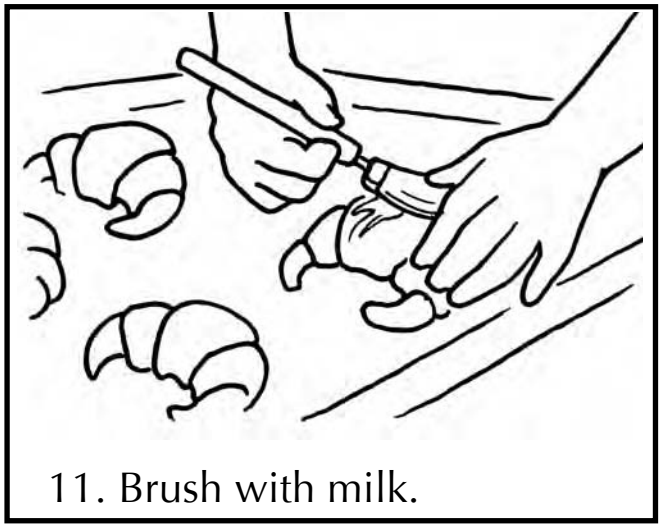


8. Roll each piece into a round shape.

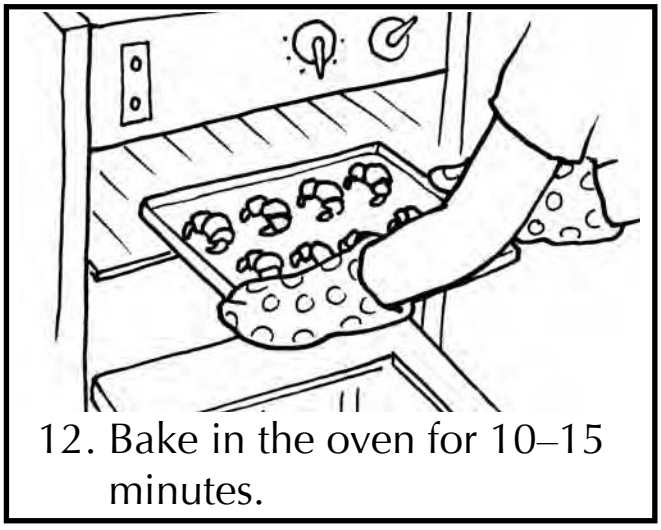
9. Divide into 4 with a knife.



10. Roll up each part and put on a baking tray.



11. Brush with milk.



12. Bake in the oven for 10–15 minutes.

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Pastry Croissant Moons

Ingredients:

100g wholemeal flour
25g plain flour
50g margarine
1 tsp baking powder
1 tsp cinnamon
1 egg
2 dsp milk

Equipment:

Mixing bowl
Mixing spoon
Knife
Scales
Rolling pin
Baking tray
Measuring spoons
Brush
Cup
Whisk/fork
Flour dredger

Instructions:

1. Put the oven on 200˚C.
2. Mix flours; rub in margarine.
3. Add baking powder and cinnamon and mix it.
4. Crack the egg into a cup and whisk it.
5. Add the milk to the cup and whisk.
6. Pour the egg and milk mixture into the bowl. Mix to form a dough.
7. Divide the dough in two.
8. Roll each piece into a round shape.
9. Divide into 4 with a knife.
10. Roll up each part and put on a baking tray.
11. Brush with milk.
12. Bake in the oven for 10–15 minutes.

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Salmon Patties

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How to Coat Fish in Flour

Many fish recipes use breadcrumbs as a coating. Often you will be asked to coat the fish in egg first and then in breadcrumbs. Salmon patties are very moist from the outset, so we do not need to coat them in egg first. You can choose whether to coat the patties in breadcrumbs or just in plain flour. In either case, you put a little flour or breadcrumbs on a plate and then you simply turn the patty over in it several times to coat it. The flour will help to make the patty more solid and stick together better.

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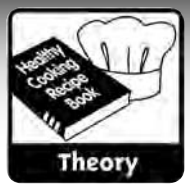
What is Omega 3 Good for?



Omega 3 is found in all fish. The main source for omega 3 is found in oily fish such as tuna, sardines, salmon and mackerel, but is also present in soya, pumpkin seeds, walnuts and leafy-green vegetables in small quantities. Omega 3 is a type of fat, but it is a good fat which has many health benefits and therefore it is a fat we need a lot of. One major benefit is that it is very good for the heart. Scientific studies also point to the fact that Omega 3 is very good for the brain and helps to relieve anxiety, depression and ADHD. It is also a natural anti-inflammatory.

Separate Cooked and Raw Meats

Keep cooked food and raw meat separate.

This recipe calls for tinned salmon. However, you can also use fresh salmon, bought in most supermarkets. If you bought fresh salmon you would need to keep it separate from the cooked foods. We need to keep cooked food and raw meat separate. This is because the raw meat, and its juices can contaminate any cooked food. Always use separate equipment for raw meat and always keep raw meat separate from other food in the fridge, in your shopping trolley and in your shopping bags.

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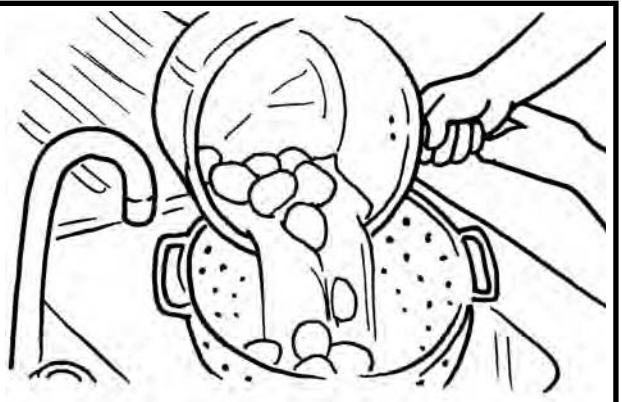
Salmon Patties

Ingredients:

1 tin of salmon
1 tsp plain flour
1 tbsp olive oil
200g potatoes
6 pitted black olives
2 tbsp chives
1 egg



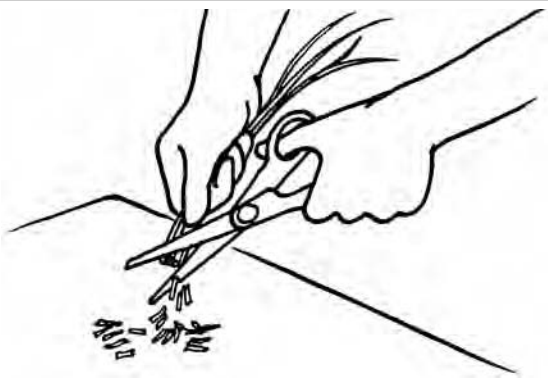
1. Boil the potatoes and drain when ready.

2. Mash potatoes in a bowl.

3. Crack an egg into a cup, whisk and add to bowl.

4. Add flour to bowl and mash.

5. Slice olives and mix into mixture.



6. Cut chives with a pair of scissors and mix into mixture.

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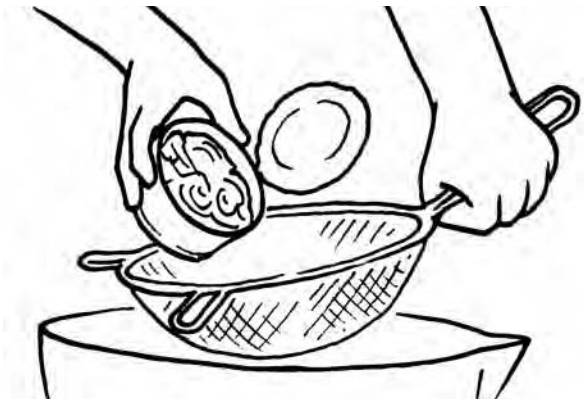
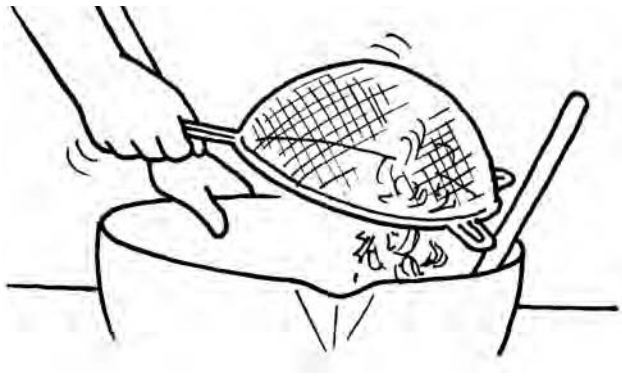
Salmon Patties (cont.)

Equipment:

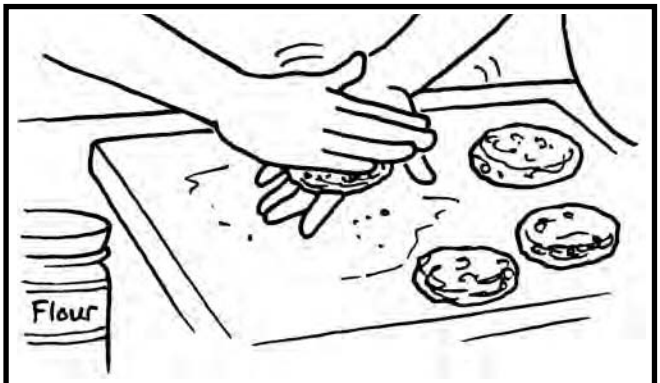
Saucepan	Plate	Colander	Frying pan	Sharp knife	
Turner	Cup	Sieve	Potato masher	Whisk/fork	Teaspoon
Chopping board		Scissors	Mixing bowl	Tin opener	



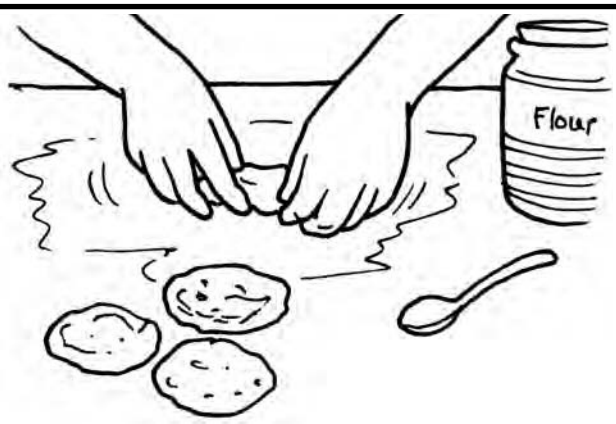
7. Open tin of salmon and drain in a sieve.



8. Mix salmon flakes into mixture.

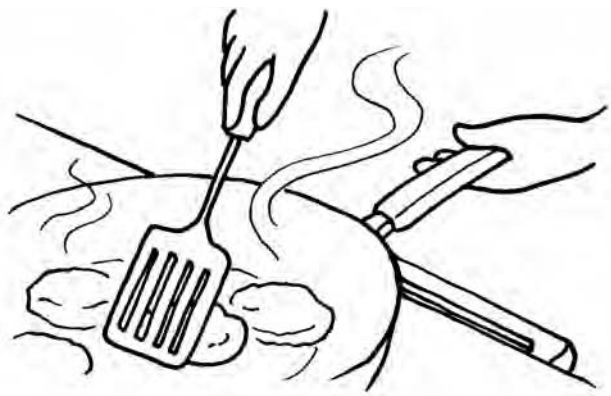


9. Lightly flour your hands and form mixture into 4 patties.



10. Coat each patty in flour.

11. Heat olive oil on a frying pan.



12. Fry patties for 3 minutes on each side or until golden.

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Salmon Patties

Ingredients:

1 tin of salmon
200g potatoes
2 tbsp chives
6 pitted black olives
1 egg
1 tsp plain flour
1 tbsp olive oil

Equipment:

Saucepan
Plate
Colander
Frying pan
Sharp knife
Turner
Cup
Sieve
Potato masher
Whisk/fork
Teaspoon
Chopping board
Scissors
Mixing bowl
Tin opener

Instructions:

1. Boil the potatoes and drain when ready.
2. Mash potatoes in a bowl.
3. Crack an egg into a cup, whisk and add to bowl.
4. Add flour to bowl and mash.
5. Slice olives and mix into mixture.
6. Cut chives with a pair of scissors and mix into mixture.
7. Open tin of salmon and drain in a sieve.
8. Mix salmon flakes into mixture.
9. Lightly flour your hands and form mixture into 4 patties.
10. Coat each patty in flour.
11. Heat olive oil on a frying pan.
12. Fry patties for 3 minutes on each side or until golden.

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Chicken Curry

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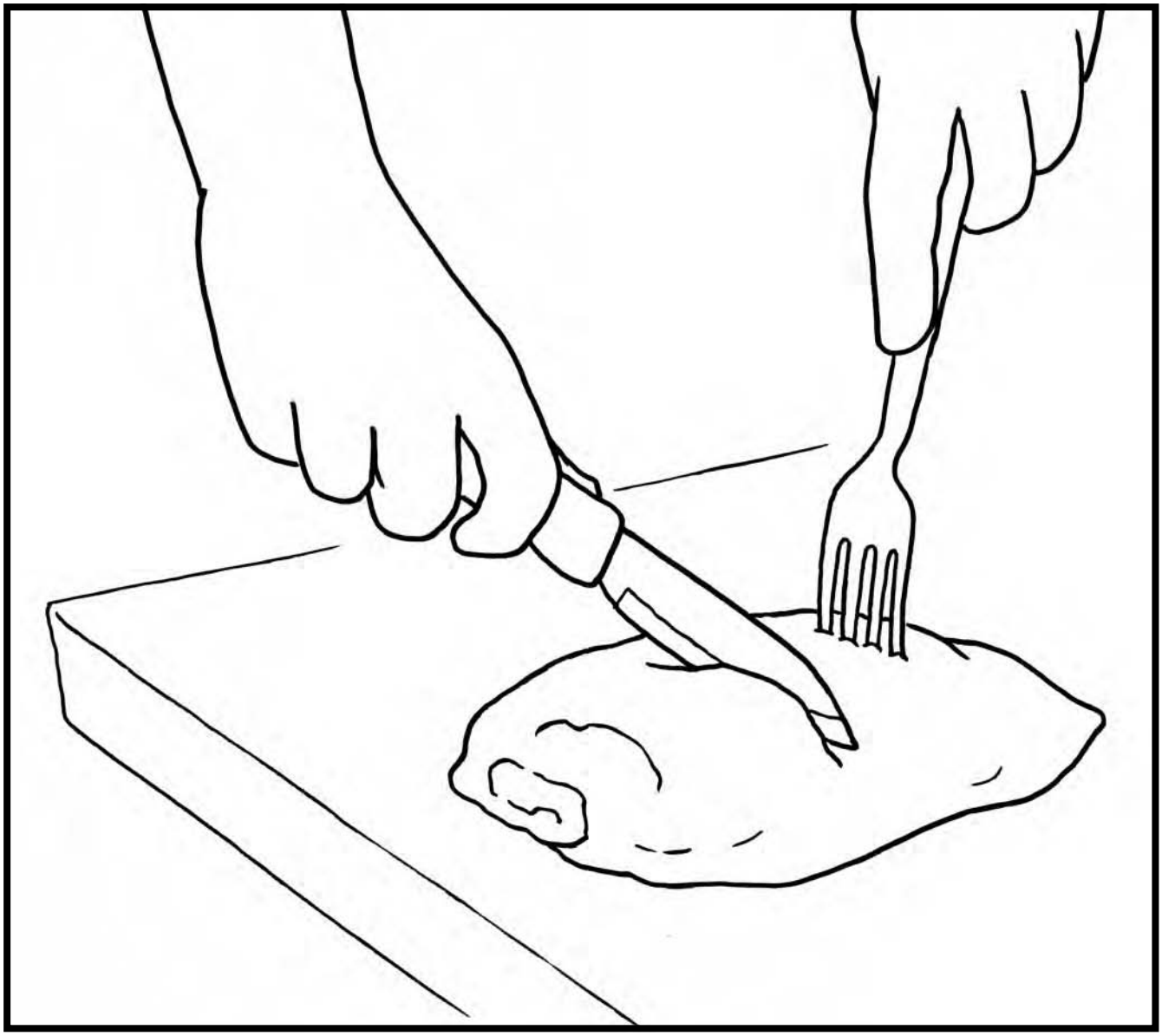
How to Check Chicken is Cooked

To check whether your chicken pieces are done, you simply take a chicken piece out of the saucepan and cut it. The chicken is done if the centre is no longer pink. For chicken with bones in, you stick a fork or a knife into the meat; if the juices run clear, it is done.



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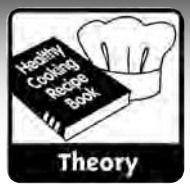
What is Salmonella?



Salmonella is a type of bacteria found particularly in chicken and eggs. The salmonella bacteria attack the stomach and intestines. If you get salmonella poisoning, you could suffer from diarrhoea, vomiting and fever. You can avoid salmonella infections by always washing your hands before preparing food and after touching meat, by observing good kitchen hygiene, by proper storage of food and by cooking food (particularly eggs and chicken) thoroughly.

Removing a Saucepan Lid Safely

If you have a lid on your saucepan, you must be careful when you lift it off. This is because the steam inside the saucepan will escape rapidly and can burn you. Therefore, when you take off the lid, stand well clear and turn the lid slightly to allow the steam to be released without any obstructions. This will also allow any water to drain off.

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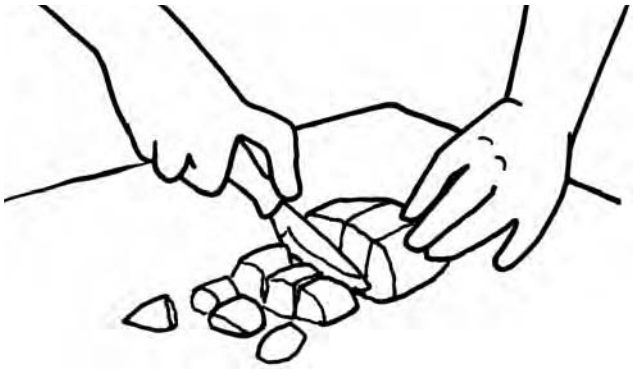
Chicken Curry

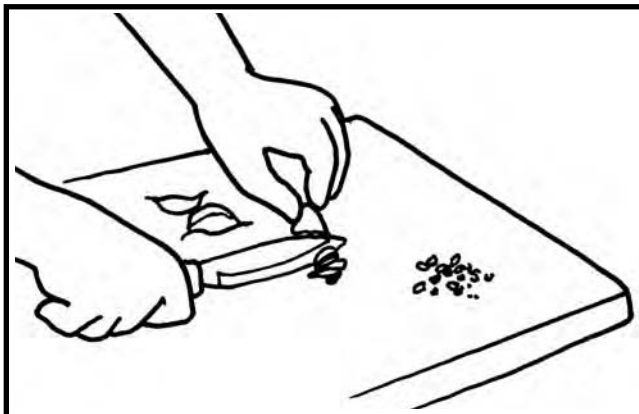
Ingredients:

1 chicken breast 1 onion 1 stock cube 1 apple
1 clove of garlic 2 tsp curry powder Water
Small handful sultanas Oil

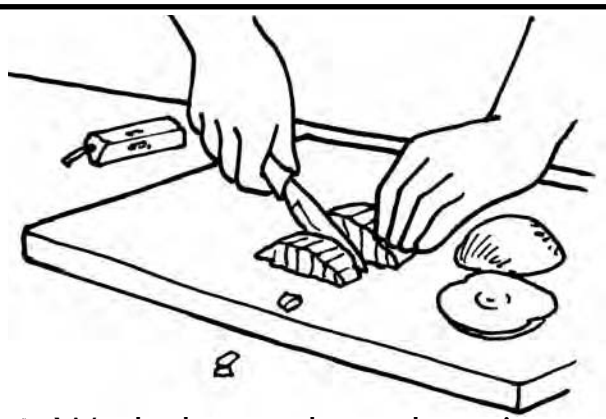


1. Cut the chicken into cubes. Wash your hands.

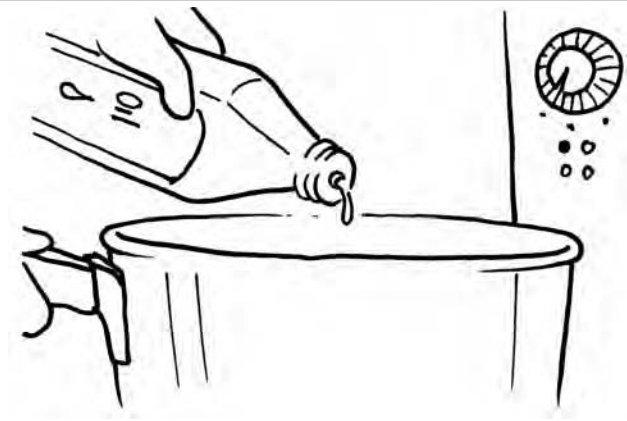
2. On another chopping board, peel and chop the onion.



3. Peel and chop the garlic finely.



4. Wash the apple and cut into small pieces.



5. Heat a little oil in a saucepan.

6. Fry the chicken and onion.

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Chicken Curry (cont.)

Recipe

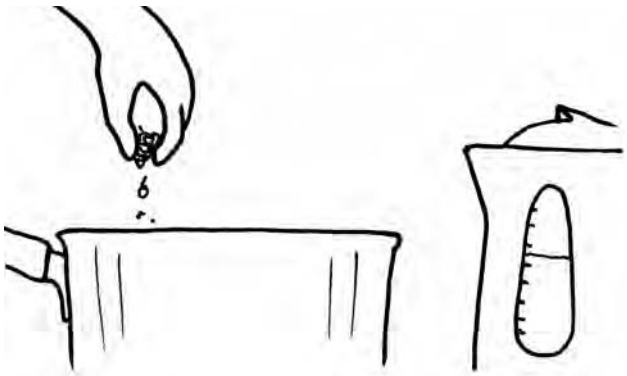
Equipment:

2 chopping boards	2 sharp knives	Saucepan
Mixing spoon	Teaspoon	Measuring jug

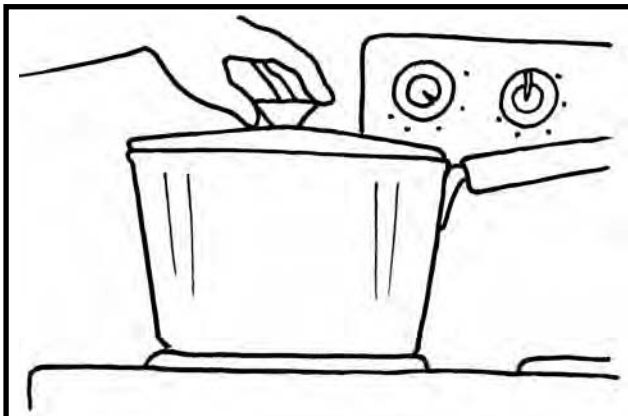
7. Add the garlic.

8. Add the curry powder and mix.

9. Add the apples and sultanas.



10. Add water to cover ingredients and add stock cube.



11. Put lid on and simmer for 15–20 minutes.

12. Serve with rice.

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Chicken Curry

Ingredients:
1 chicken breast
1 onion
1 stock cube
1 apple
1 clove of garlic
Water
Small handful sultanas
2 tsp curry powder
Oil

Equipment:
2 chopping boards
2 sharp knives
Saucepan
Mixing spoon
Teaspoon
Measuring jug

Instructions:

1. Cut the chicken into cubes. Wash your hands.
2. On another chopping board, peel and chop the onion.
3. Peel and chop the garlic finely.
4. Wash the apple and cut into small pieces.
5. Heat a little oil in a saucepan.
6. Fry the chicken and onion.
7. Add the garlic.
8. Add the curry powder and mix.
9. Add the apple and sultanas.
10. Add water to cover ingredients and add stock cube.
11. Put lid on and simmer for 15–20 minutes.
12. Serve with rice.

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Spring Rolls

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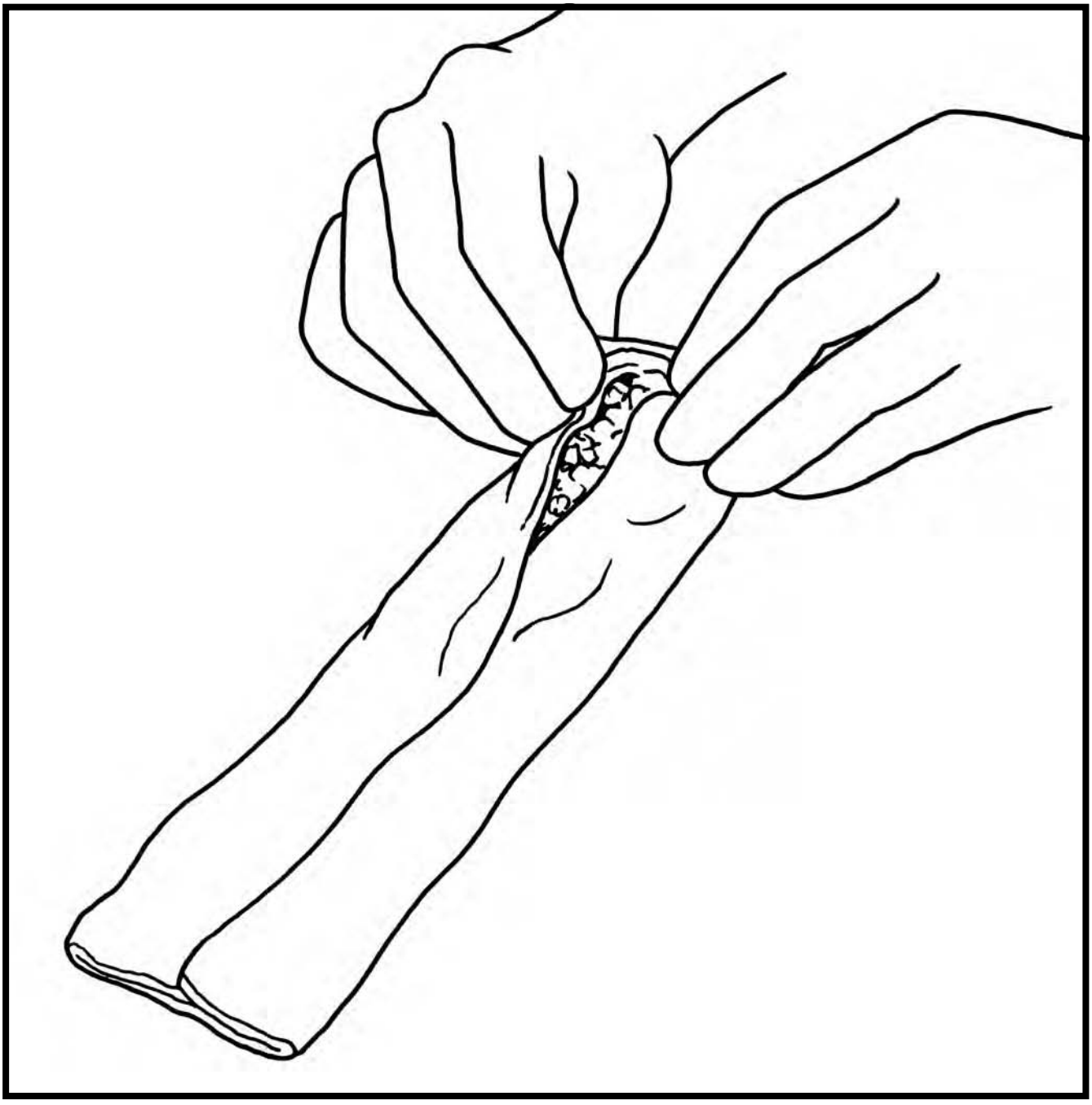
How to Use Filo Pastry

Filo pastry consists of paper-thin dough. When you use it, you have to be both careful and quick. Filo pastry tears easily and it dries out very quickly as well, especially in a hot kitchen. As soon as you have taken the filo pastry you need, cover the rest up in cling film again.



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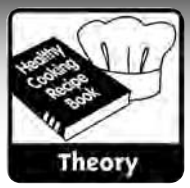
About Onions



Onions come in a wide range of sizes, shapes and colours, as well as specific varieties. There are fresh onions and onions for storage. There are onions for eating raw and onions for cooking. Basically there are three kinds of onions: *bunching* onions which include spring onions and green onions; *bulb or common* onions including dry onions for storing or for cooking; and *pickling* onions.

Onions were important in the religious beliefs of the ancient Egyptians. This was because they thought the onion's round shape and concentric rings symbolized eternal life. As with any other circle or ring, there is no beginning and no end; it simply goes round endlessly. The ancient Egyptians even buried their dead with onions. Ramesses IV was buried with onion rings placed on his eyes. It was believed that the strong smell of the onions would bring back breath to the dead.

Getting Rid of Waste

You should always keep your kitchen bin clean. This is because it is an environment where micro-organisms will thrive. Always have a lid on the bin and keep it closed. When you remove the bin bag, tie a knot in it and put it straight in your outdoor bin. Your outdoor bin should be well away from the kitchen and should always have the lid closed. Some people recycle their organic waste for compost. This must also be done in a hygienic way, using a bin with a lid and regularly emptying and cleaning the bin.

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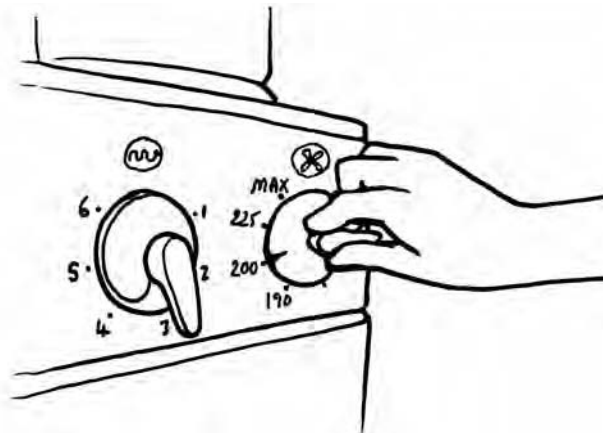
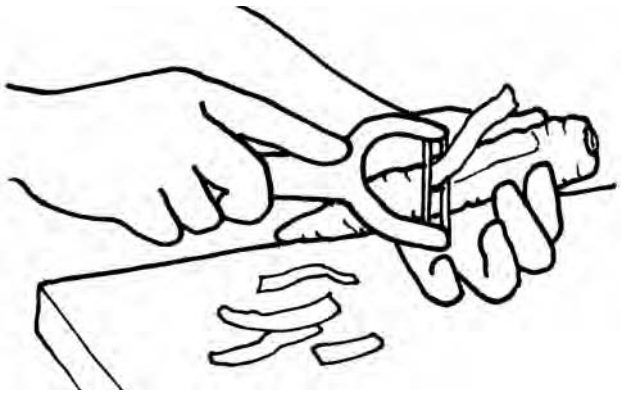
Spring Rolls

Ingredients:

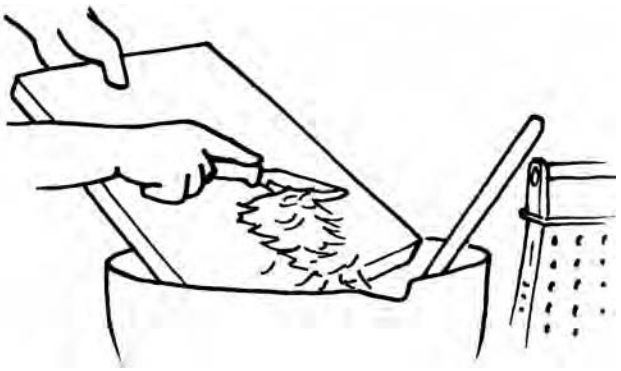
3 sheets of filo pastry (24cm x 40cm)
50g courgette
Pinch of ginger
50g carrot
2 spring onions
Olive oil
50g bean sprouts



1. Put the oven on 200°C.



2. Peel and grate the carrot and put in bowl.



3. Wash and grate the courgette and put in bowl.

4. Wash and cut the spring onions and put in bowl.

5. Add bean sprouts and mix.

6. Add ginger and mix.

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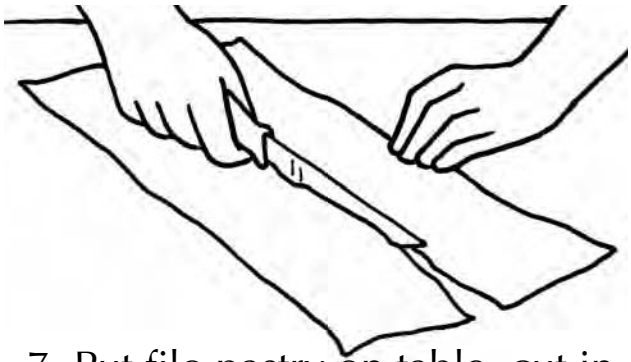
Spring Rolls (cont.)

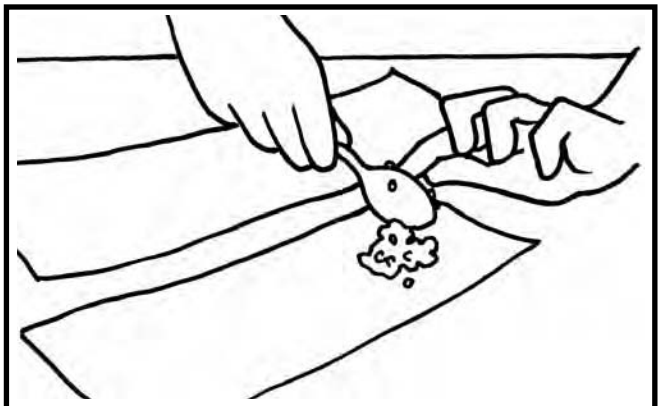
Recipe

Equipment:

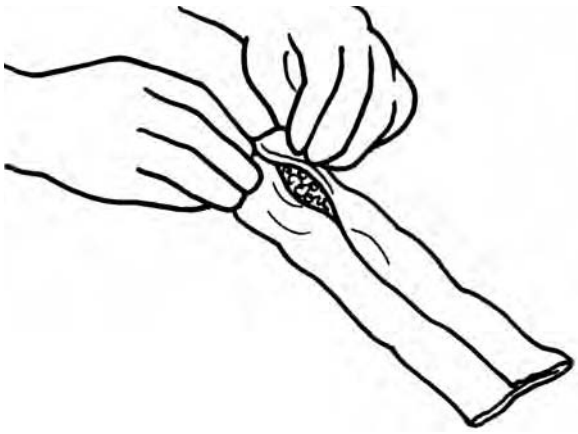
Peeler	Knife	Grater	Brush	Sharp knife
Chopping board		Baking tray	Baking paper	Mixing bowl
Mixing spoon		Scales	Teaspoon	



7. Put filo pastry on table, cut in half lengthwise and brush with olive oil.

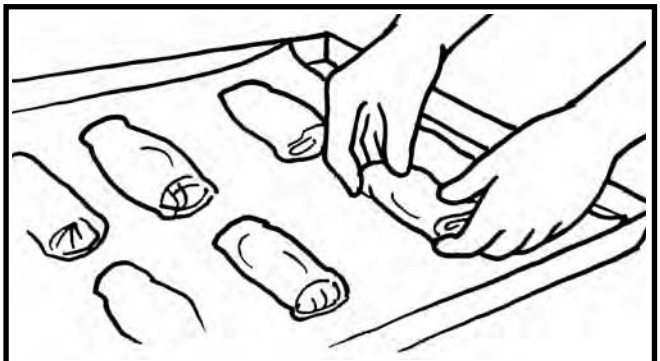


8. Put some mixture at one end, leaving edges free.

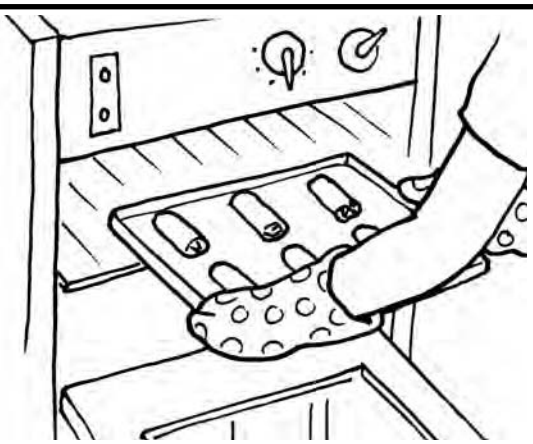


9. Fold up the edges.

10. Roll up the spring roll and brush with olive oil.



11. Put on baking paper on baking tray. Repeat with rest.



12. Bake for 10 minutes.

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Spring Rolls

Ingredients:

3 sheets of filo pastry (24cm x 40cm)
50g courgette
50g carrot
2 spring onions
50g bean sprouts
Pinch of ginger
Olive oil

Equipment:

Peeler
Knife
Grater
Brush
Sharp knife
Chopping board
Baking tray
Baking paper
Mixing bowl
Mixing spoon
Scales
Teaspoon

Instructions:

1. Put the oven on 200˚C.
2. Peel and grate the carrot and put in bowl.
3. Wash and grate the courgette and put in bowl.
4. Wash and cut the spring onions and put in bowl.
5. Add bean sprouts and mix.
6. Add ginger and mix.
7. Put filo pastry on table, cut in half lengthwise and brush with olive oil.
8. Put some mixture at one end, leaving edges free.
9. Fold up the edges.
10. Roll up the spring roll and brush with olive oil.
11. Put on baking paper on baking tray. Repeat with rest.
12. Bake for 10 minutes.

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Börek

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How to Fold a Börek

Börek is a pastry dish originating from Turkey and the Middle East. They are usually filled with cheese, potato, spinach or ground lamb and are often folded in the same way as a samosa. You take the filo pastry and cut it in half lengthwise. When you have brushed the strips with oil, you put a teaspoon of the mixture in the corner. Then you start folding the pastry into triangles. Watch a demonstration of it and then try to do it yourself.

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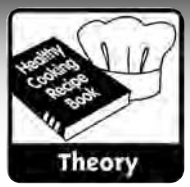
What is Feta Cheese?



Feta cheese comes from Greek cuisine. It is a cheese that is salted and cured in brine for several months. Brine is salty water. Traditionally, feta cheese is made from goat's milk or sheep's milk. It is mainly produced in blocks and has a grainy texture. Feta cheese is a soft white cheese which has a rich tangy salty flavour.

Feta can be crumbled over salads (the Classic Greek Salad), or mixed together with sliced tomatoes, sprinkled with olive oil and fresh herbs. It is also used as a filling for puff pastry.

Be Aware of Your Surroundings

Make sure you have a general feeling/awareness of what is going on around you in the kitchen. Don't just concente on one detail of the recipe at a time, know what the next step is going to be and be aware of the other people around you and what stages they have reached. Make sure you keep the kitchen clean and tidy as you go, as this minimises the risks of accidents. The more time you spend working in the kitchen, the more aware you will become of the complete process and the easier it will get.

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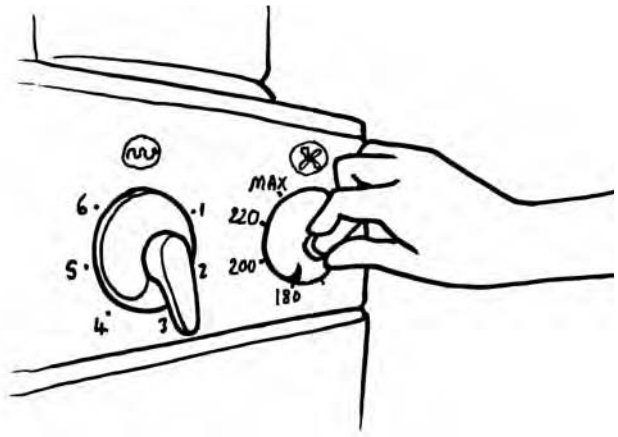
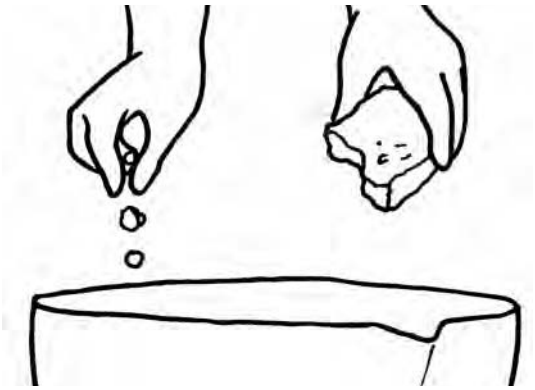
Börek

Ingredients:

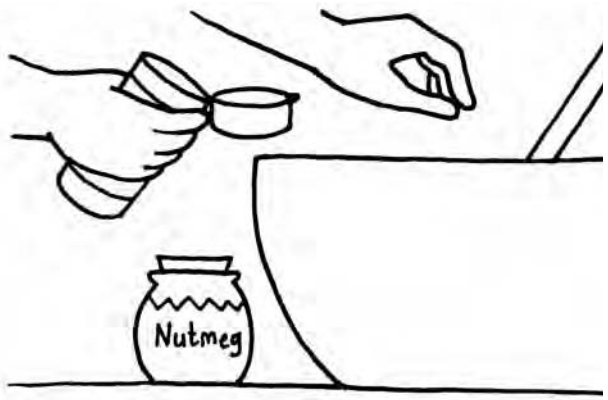
125g filo pastry
2 tbsp olive oil
150g feta cheese
Fresh mint
Pinch of pepper
Pinch of nutmeg



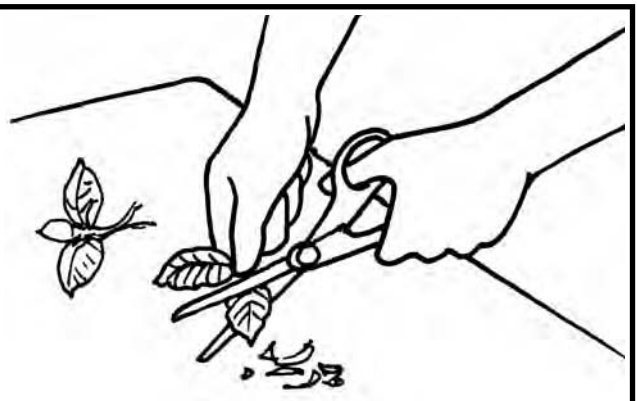
1. Put the oven on 180°C.



2. Crumble the feta into a bowl.

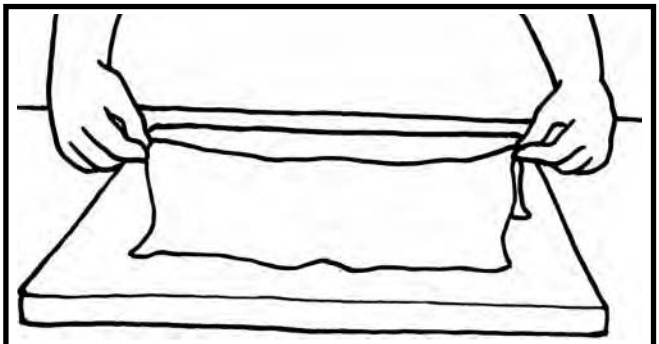


3. Add nutmeg and pepper and mix.



4. Wash the mint and cut up with scissors.

5. Add to the cheese and mash with a fork.



6. Place the filo pastry on the work surface.

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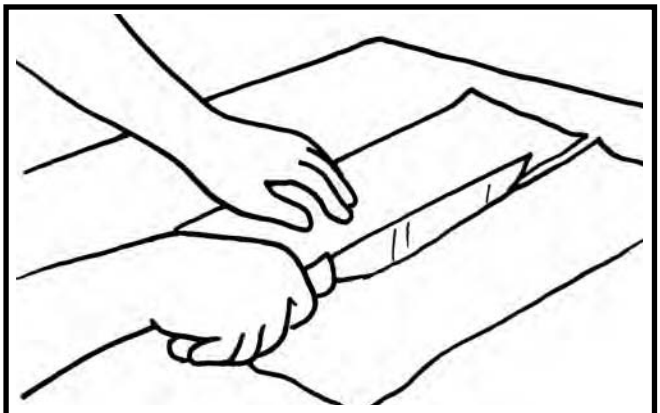
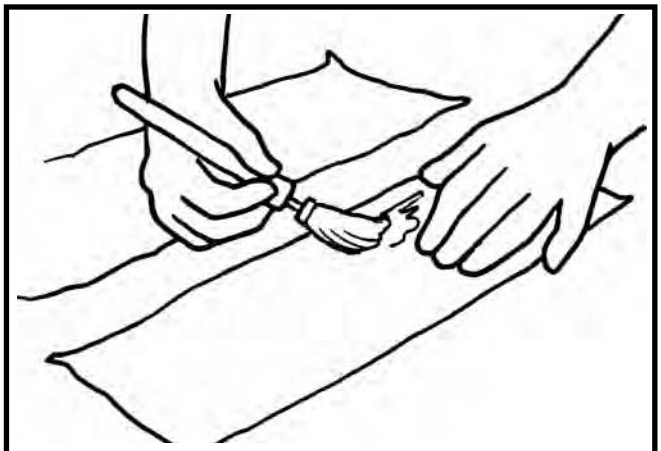
Börek (cont.)

Equipment:

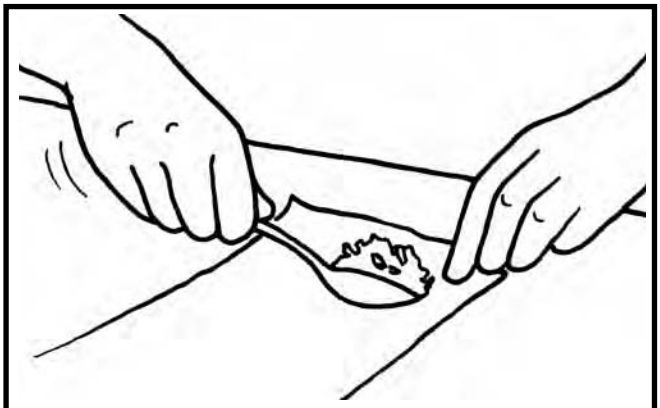
Mixing bowl	Baking tray	Mixing spoon	
Scales	Scissors	Fork	Baking paper
Knife	Brush	Teaspoon	



7. Cut the strips in half, length wise.



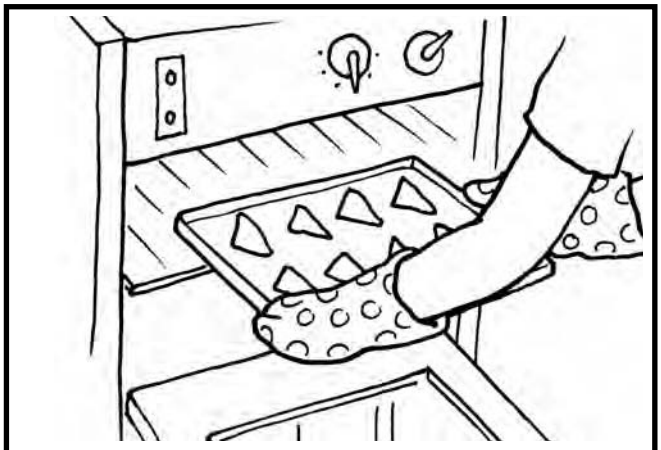
8. Brush the strips with oil.



9. Put a teaspoon of the mixture in the corner.

10. Fold the börek until you have a triangle. Repeat with rest of pastry.

11. Put on baking paper on baking tray and brush with oil.



12. Bake for 20 minutes.

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Börek

Ingredients:

125g filo pastry
2 tbsp olive oil
150g feta cheese
Fresh mint
Pinch of pepper
Pinch of nutmeg

Equipment:

Mixing bowl
Baking tray
Mixing spoon
Scales
Scissors
Fork
Baking paper
Knife
Brush
Teaspoon

Instructions:

1. Put the oven on 180˚C.
2. Crumble the feta into a bowl.
3. Add nutmeg and pepper and mix.
4. Wash the mint and cut up with scissors.
5. Add to the cheese and mash with a fork.
6. Place the filo pastry on the work surface.
7. Cut the strips in half, lengthwise.
8. Brush the strips with oil.
9. Put a teaspoon of the mixture in the corner.
10. Fold the börek until you have a triangle. Repeat with the rest of the pastry.
11. Put on baking paper on baking tray and brush with oil.
12. Bake for 20 minutes.

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Jambalaya

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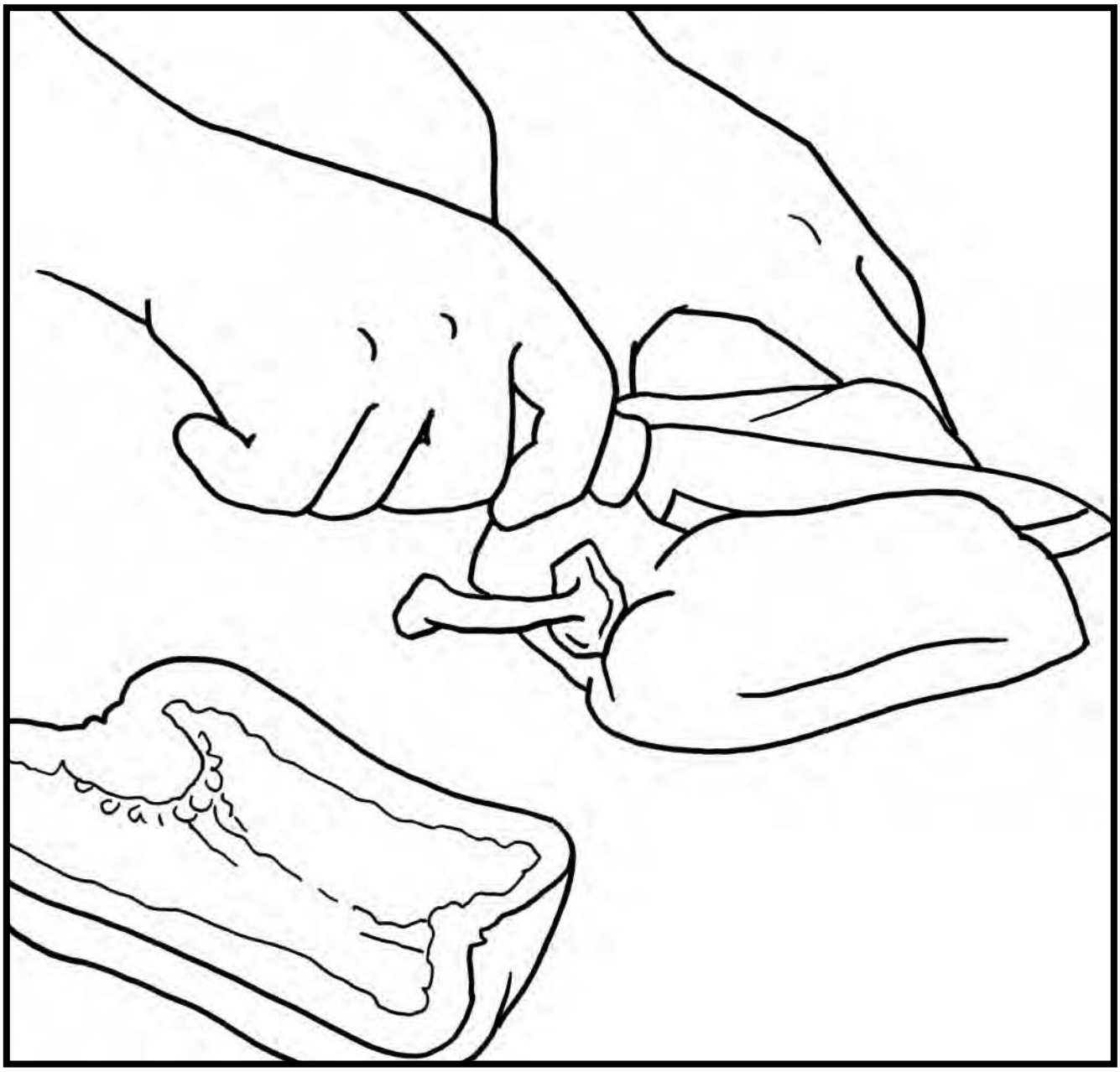
How to Cut a Pepper

The safest way to cut a pepper is to cut off all the sides. There are other ways of doing it, but this method is the safest. Hold the stalk of the pepper and use a sharp knife to cut down one side. Then put the cut side down on the chopping board and cut off the next side. Continue until you have cut off all four sides. You will be left with the core with all the seeds on.



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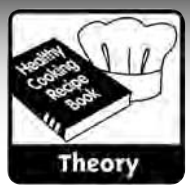
Correct Food Storage is Important



Correct food storage plays an important role in maintaining good food hygiene. Some foods need to be stored in a cool and dark place, like a pantry. Other foods need to be frozen. Yet other foods need to be chilled in a fridge. Always make sure that you store food in the right place, at the right temperature and for the right amount of time. Remember that no food lasts for ever, however well it is stored. Check labels for storage instructions and learn where food should be stored.

Turn Handles Inwards Over Cooker

Always turn pan handles inwards over the cooker or work surface when using them.

When you are cooking foods in a frying pan or saucepan that has a handle, make sure that the handle never sticks out over the edge of the cooker. If the handle were to stick out, someone could easily walk into it by accident. This would probably knock the frying pan off the hob and onto the floor or even over somebody. Therefore, always make sure that the handle is turned in over the working area.

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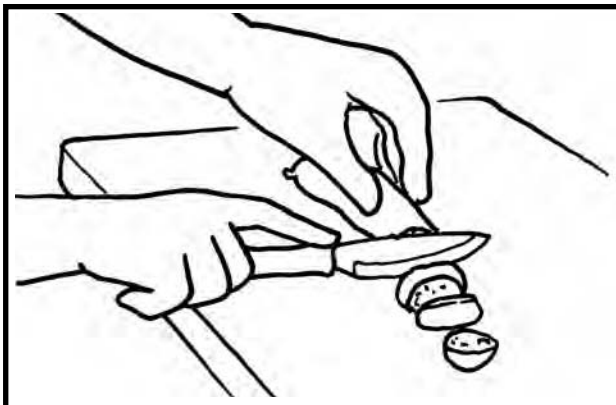
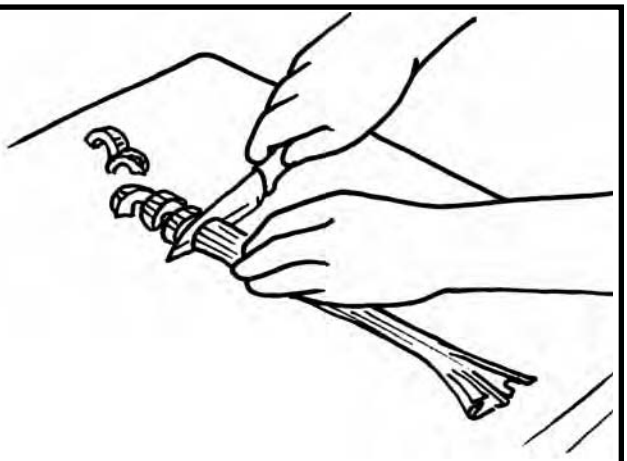
Jambalaya

Ingredients:
1 sausage, 1 onion, 1 bay leaf, Water
Olive oil, 1 pepper, 1 stock cube, 1 tomato, 50g rice
1 stick celery, 1 clove garlic, 1 tsp Tabasco sauce

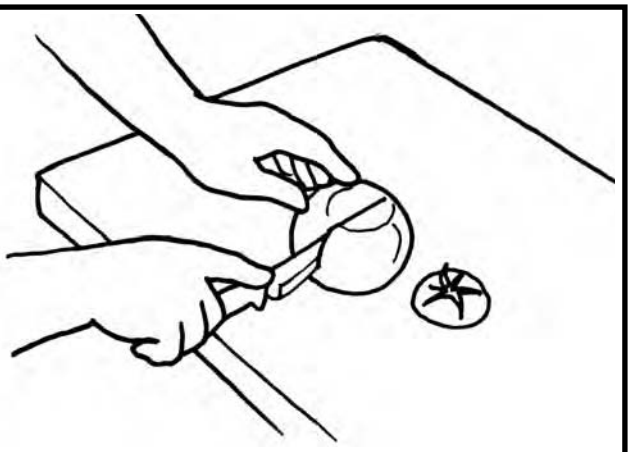


1. Cut the sausage. Wash your hands.

2. On another chopping board, chop the onion and garlic.



3. Cut the celery.



4. Chop the tomato.

5. Cut the pepper.

6. Heat a little oil in a frying pan.

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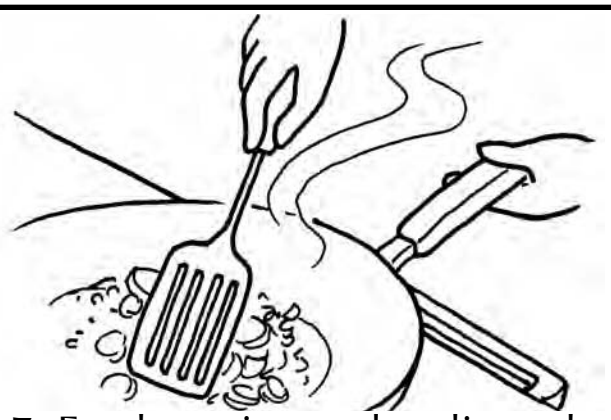
Jambalaya (cont.)

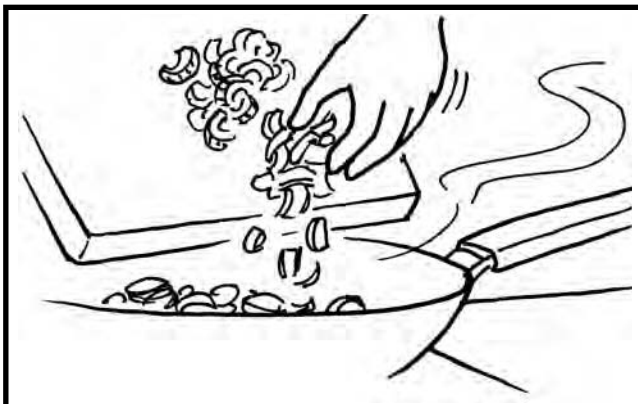
Recipe

Equipment:

2 chopping boards Sharp knife Frying pan
Turner Teaspoon

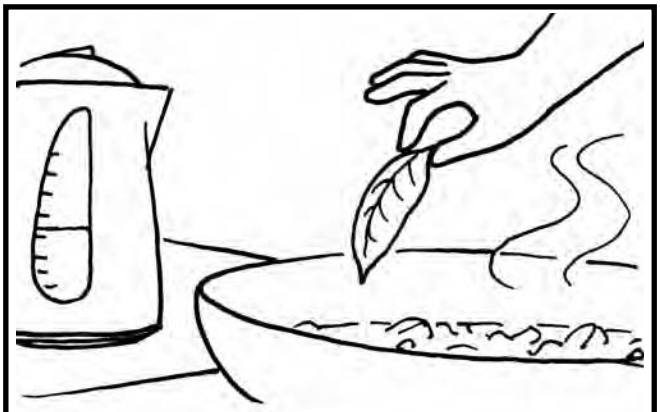


7. Fry the onion and garlic and sausage.



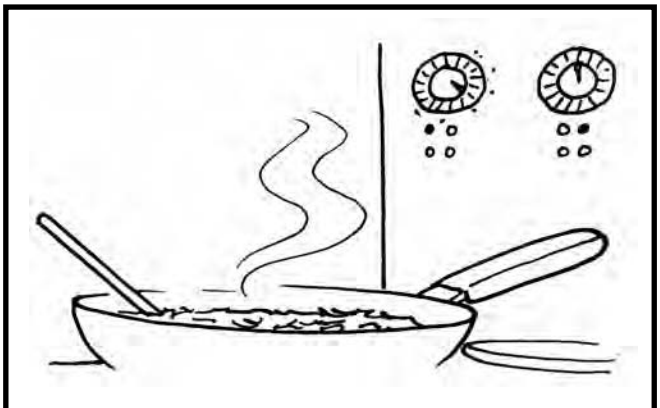
8. Add the celery and pepper and fry.

9. Add the rice and fry.



10. Add bay leaf and water to cover.

11. Add the stock cube, Tabasco sauce and tomato.



12. Simmer for 15–20 minutes.

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Jambalaya

Ingredients:

1 sausage
1 onion
1 bay leaf
Water
Olive oil
1 pepper
1 stock cube
1 tomato
50g rice
1 stick of celery
1 clove of garlic
1 tsp Tabasco sauce

Equipment:

Chopping board
Sharp knife
Frying pan
Turner
Teaspoon

Instructions:

1. Cut the sausage. Wash your hands.
2. On another chopping board, chop the onion and garlic.
3. Cut the celery.
4. Chop the tomato.
5. Cut the pepper.
6. Heat a little oil in a frying pan.
7. Fry the onion, garlic and sausage.
8. Add the celery and pepper and fry.
9. Add the rice and fry.
10. Add bay leaf and water to cover.
11. Add the stock cube, Tabasco sauce and tomato.
12. Simmer for 15–20 minutes.

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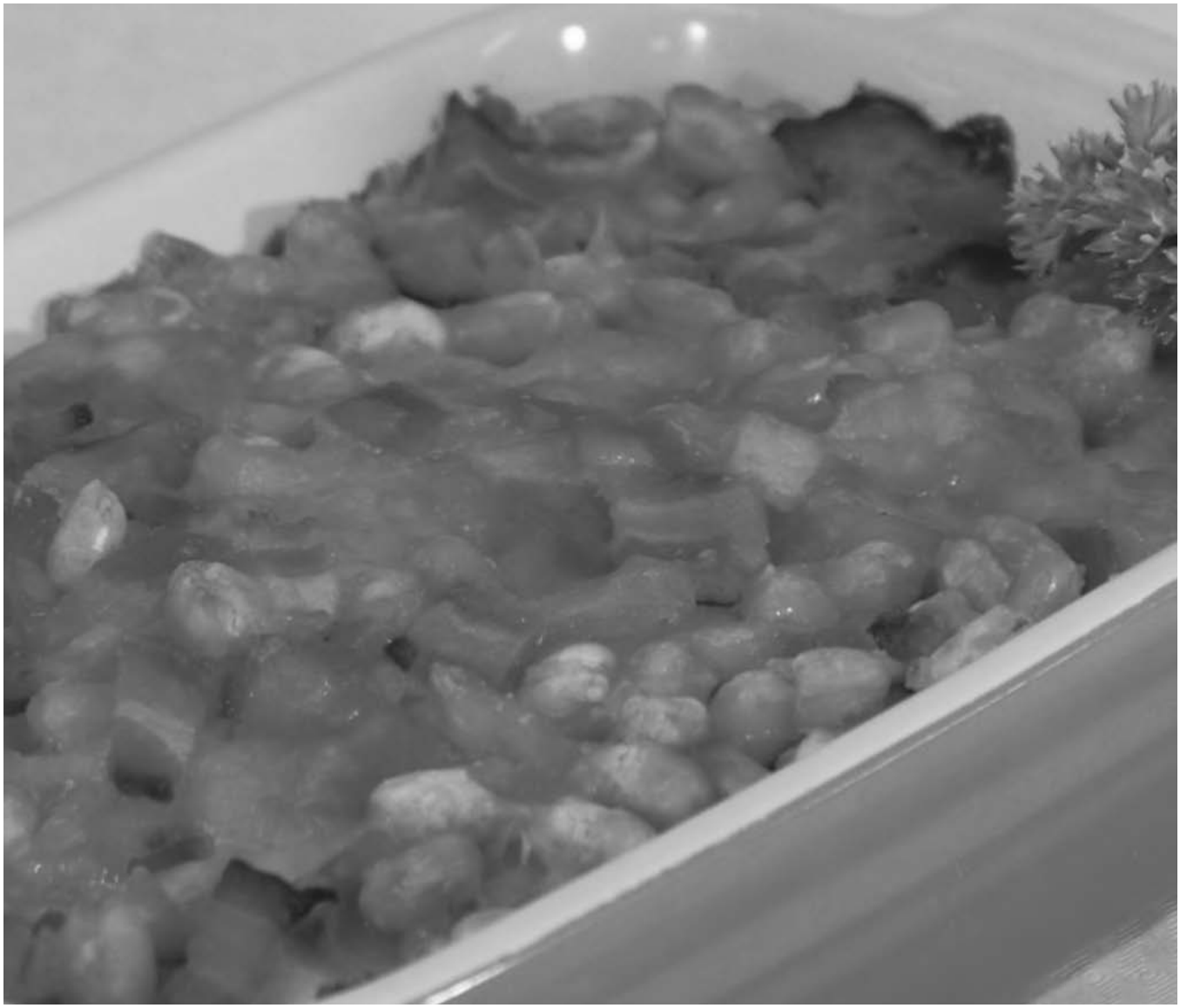
Bacon and Bean Pie



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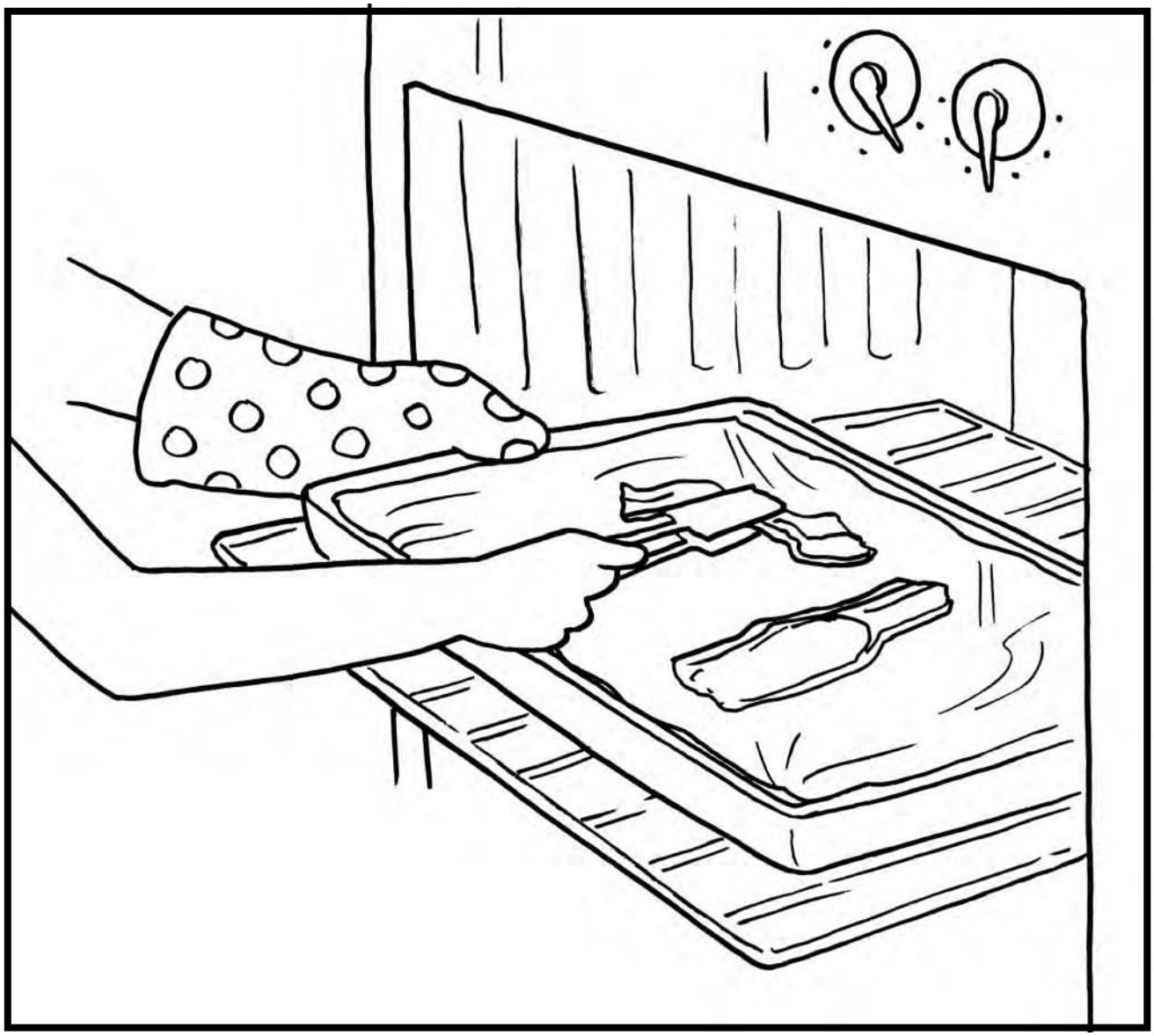
How to Grill Bacon

There are many ways of cooking bacon: frying, microwaving, baking or grilling. To grill bacon, you simply cover the grill tray with tin foil and then place the bacon on (using of tin foil will make the tray easier to clean). After this, put the grill on medium heat, and when it is up to temperature, slide the bacon under. Always keep an eye on it and turn it occasionally until it is ready. Be aware that hot fats can easily burn you and can catch fire quickly too.



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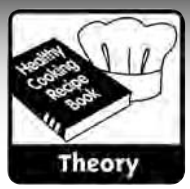
Where Does Bacon Come From?



Bacon comes from pigs. More accurately, it comes from the side, back or belly of the pig. Bacon can be cured or smoked, which means that the bacon is salted and dried or smoked. It is usually cut thinly into "rashers". Bacon is basically meat and fat; some bacon rashers have more fat on than others. You can see the fat, because it is white, so try to get the bacon with the least fat on it as it is healthier for you.

Shelf-life of Food

Always check the sell-by-date and the use-by-date.

Always make sure that the food you are using has not exceeded its use-by date. This is easy on packaged products, as the sell-by date and/or use-by dates are displayed on the packaging itself. You should plan your shopping and cooking so that you can use the food well before its sell-by date. Also, check sell-by dates on the products when you buy them, and pick the freshest one.

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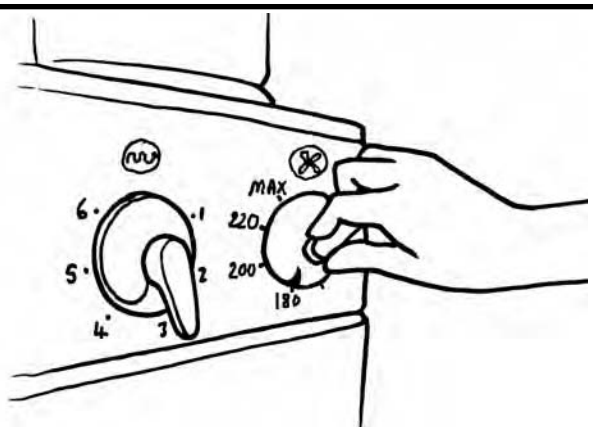
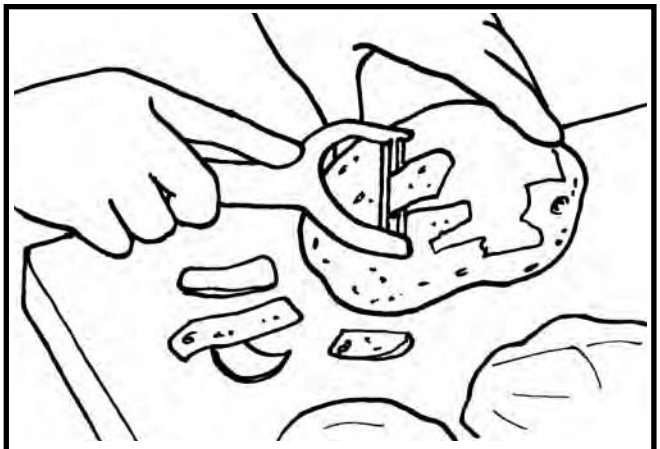
Bacon and Bean Pie

Ingredients:

4 potatoes 2 rashers of lean bacon 25g cheddar
½ tin baked beans

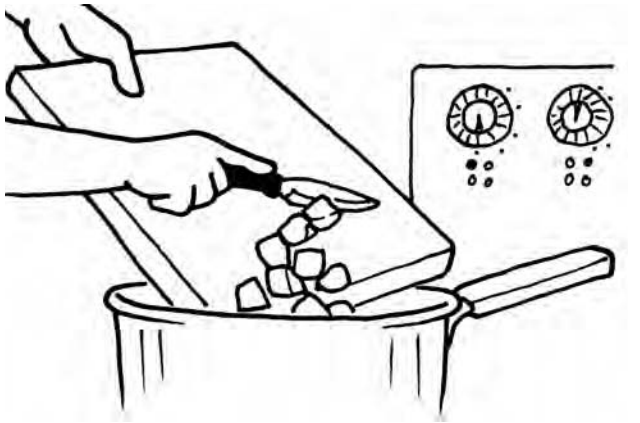


1. Put the oven on 180°C.

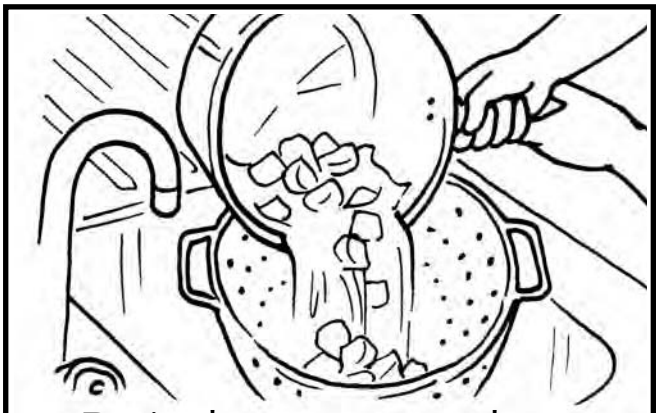


2. Peel the potatoes.

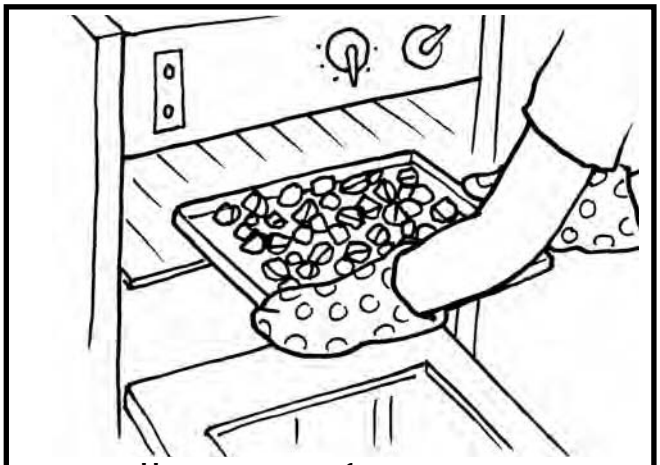
3. Cut the potatoes into chunks.



4. Boil the potatoes until ready.



5. Drain the potatoes and put in oven-proof dish.



6. Grill potatoes for 5 minutes.

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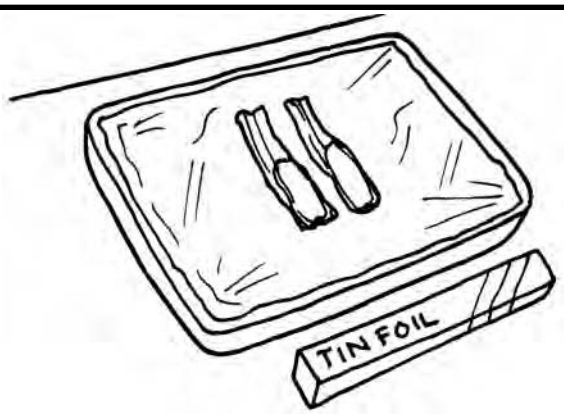
Bacon and Bean Pie (cont.)

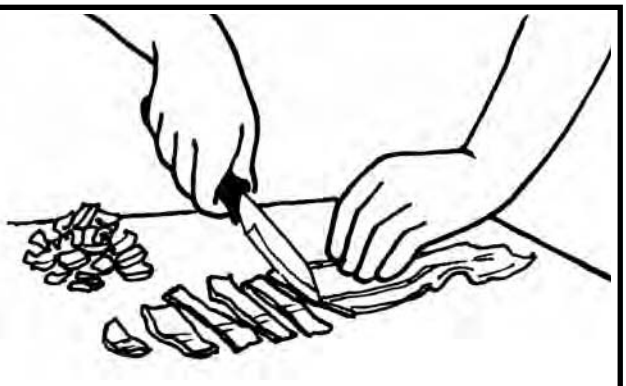
Recipe

Equipment:

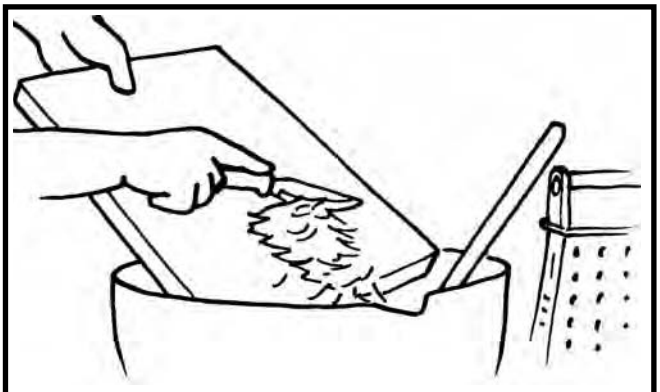
Grater	Peeler	Tin foil	Chopping board
Saucepan	Sharp knife	Mixing bowl	Mixing spoon
	Colander	Tin opener	Oven-proof dish



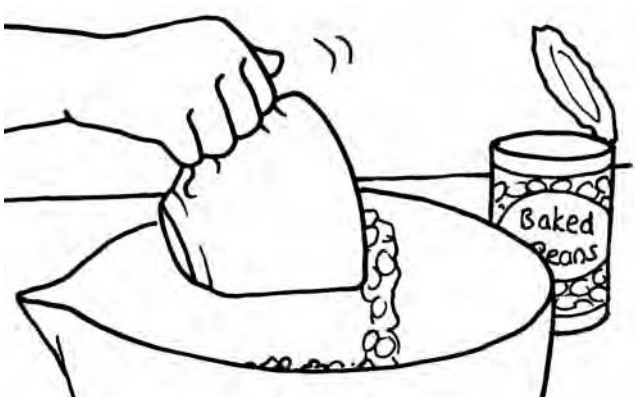
7. Put tin foil on grill tray and grill bacon.



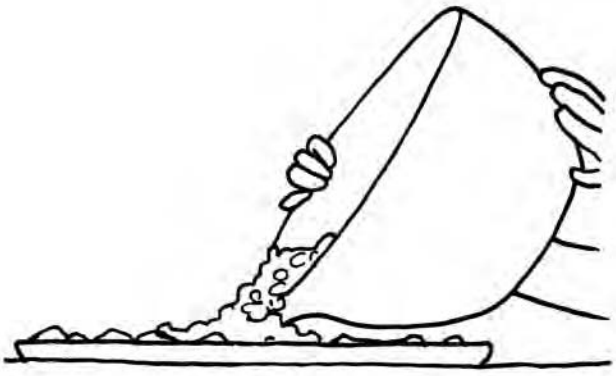
8. Cut the bacon in small pieces and put in bowl.



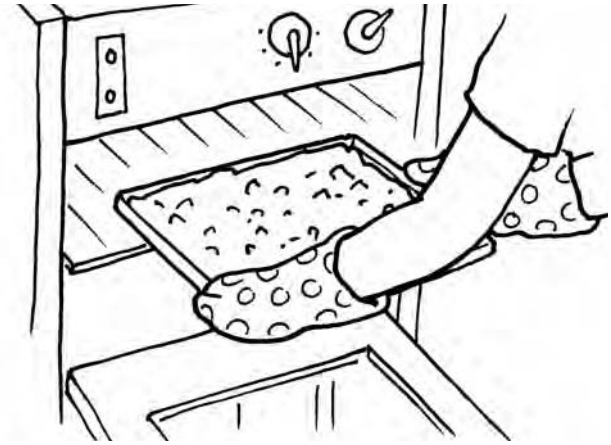
9. Grate the cheese and add to bowl.



10. Add the baked beans to bowl and mix.



11. Pour mixture over the potatoes.



12. Bake for 15–20 minutes.

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Bacon and Bean Pie

Ingredients:
4 potatoes
2 rashers of lean bacon
25g cheddar
½ tin baked beans

Equipment:
Peeler
Tin foil
Chopping board
Grater
Sharp knife
Mixing bowl
Saucepan
Mixing spoon
Colander
Tin opener
Oven-proof dish

Instructions:

1. Put the oven on 180˚C.
2. Peel the potatoes.
3. Cut the potatoes into chunks.
4. Boil the potatoes until ready.
5. Drain the potatoes and put in oven-proof dish.
6. Grill potatoes for 5 minutes.
7. Put tin foil on grill tray and grill bacon.
8. Cut the bacon in small pieces and put in bowl.
9. Grate the cheese and add to bowl.
10. Add the baked beans to bowl and mix.
11. Pour mixture over the potatoes.
12. Bake for 15–20 minutes.

TIP
Share one tin of baked beans between two sets of partners.

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Wholemeal Drop Scones

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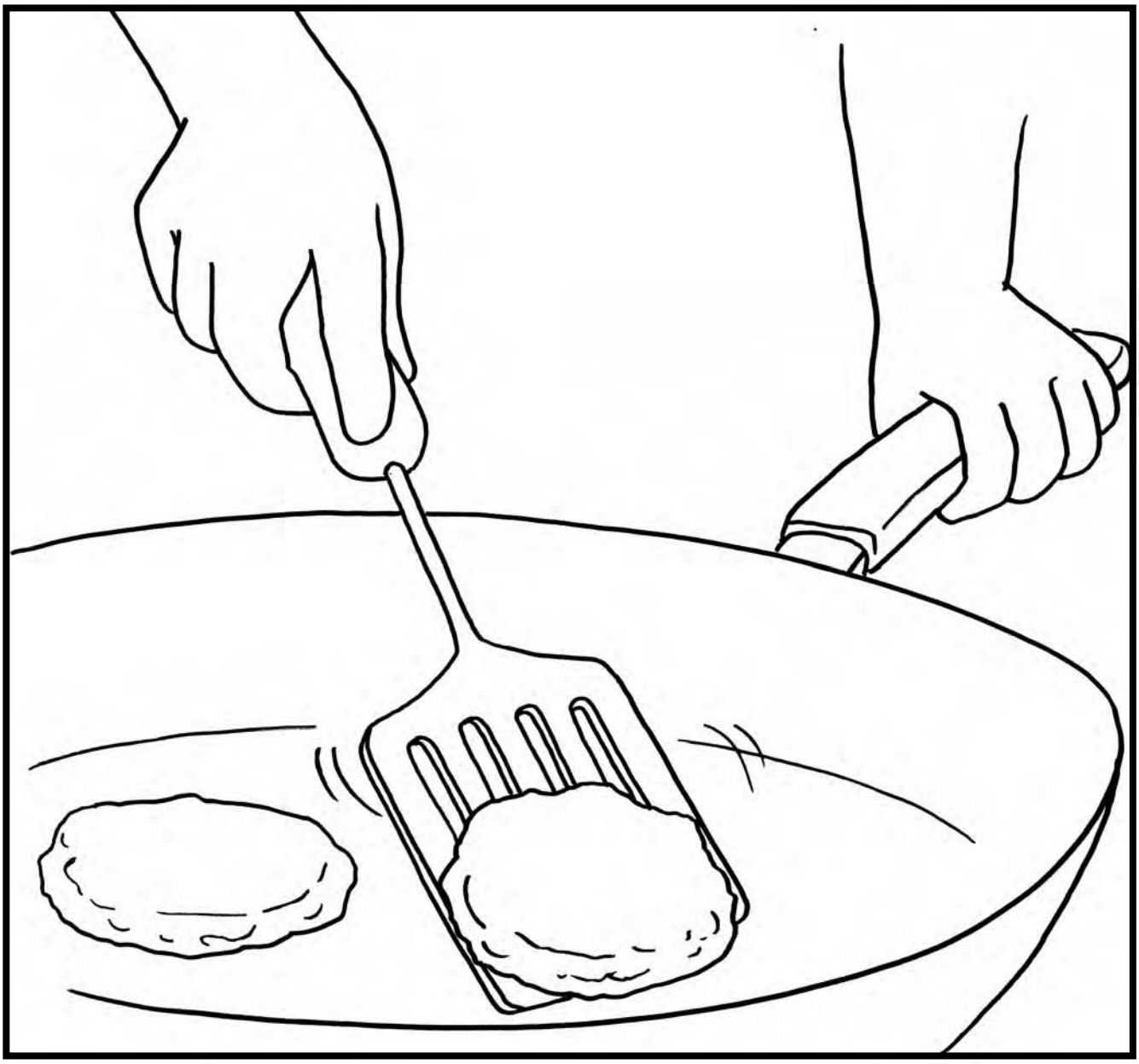
How to Turn a Drop Scone

To turn a drop scone, you need to use a turner. Check that the scone is firm enough to flip over by peeping under it when lifting it slightly with the turner. When it is light brown, you push the turner under the entire drop scone and flip it over quickly, though not too quickly as you can splash yourself with hot oil.



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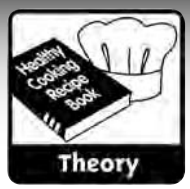
Testing the Freshness of an Egg



You can check the freshness of an egg by putting it in a bowl of cold water. If it floats, it has gone off; if it sits firmly on the bottom, it is fresh. If the egg is beginning to float, the freshness is somewhere in between. The floating happens because of the air pocket that is inside all eggs at the blunt end. As the egg gets older, the air pocket gets bigger, and this is what eventually makes the egg float. The air actually gets in gradually through the eggshell that is, in fact, slightly porous.

Hobs Remain Hot After Use

Pay attention when you are using the hob.

Always maintain a high level of awareness whilst in the kitchen. You should always remember to turn off the hob after use and remember that the hob whether it's gas or electric will remain very hot for a time while it goes through the cooling process. A great number of house fires are caused by carelessness in the kitchen; a deep-fat-fryer not being turned off after use will catch fire very quickly.

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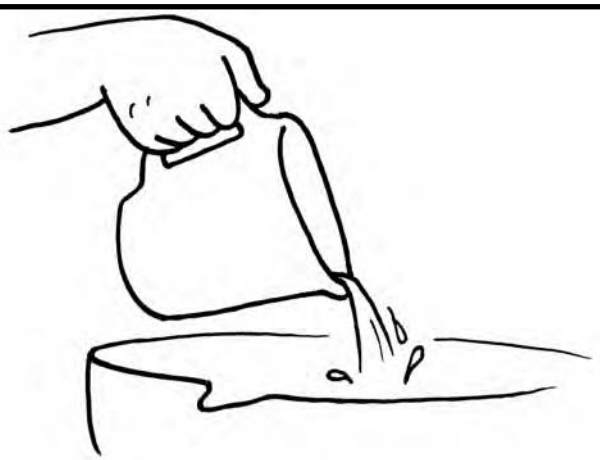
Wholemeal Drop Scones

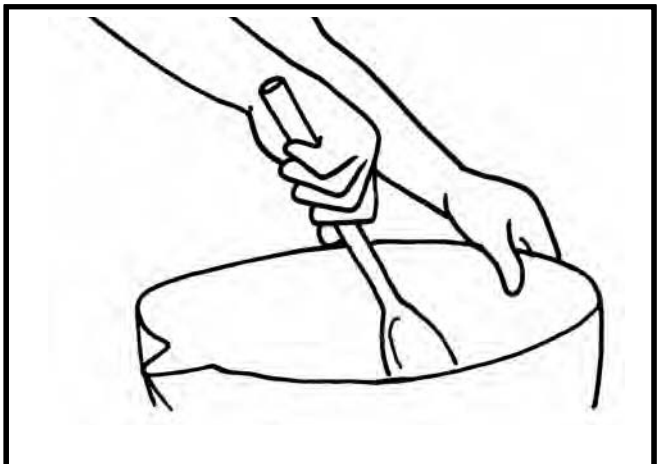
Ingredients: 75g wholemeal flour 50g plain flour
½ egg 125g milk 1 dsp oil 25g caster sugar
Margarine 1 tsp baking powder

1. Sieve flours and baking powder into a bowl.

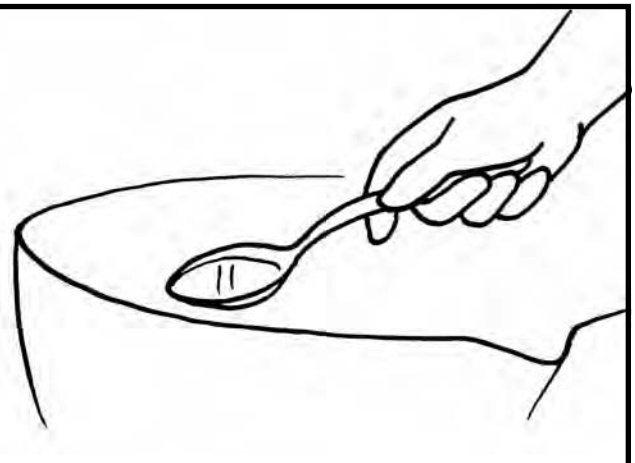
2. Add the sugar and mix.



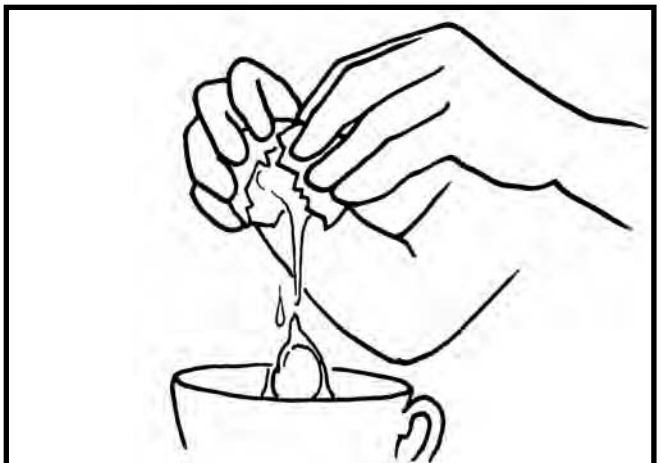
3. Add the milk a little at a time.



4. Mix to a smooth batter.



5. Add the oil and mix.



6. Crack the egg into a cup.

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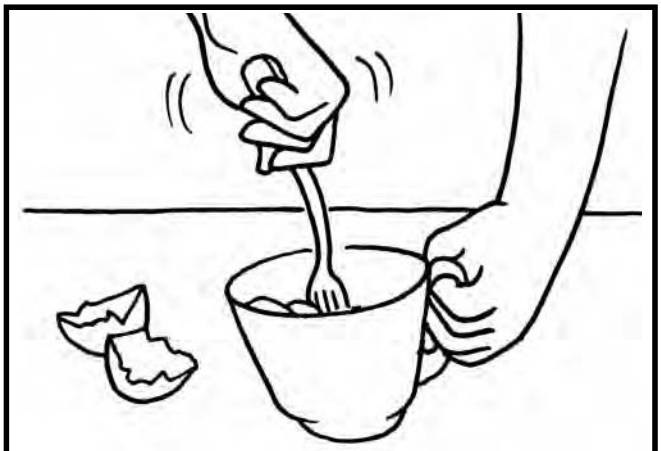
Wholemeal Drop Scones (cont.)

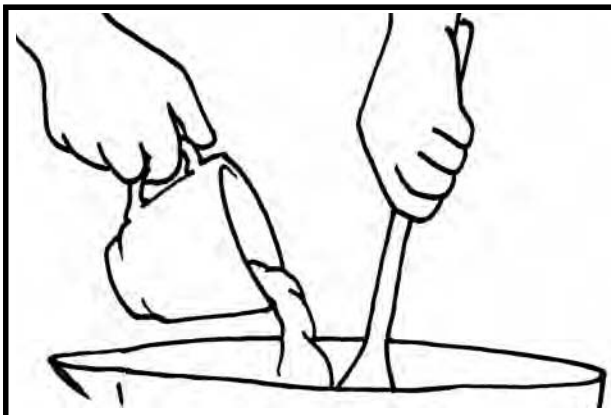
Recipe

Equipment:

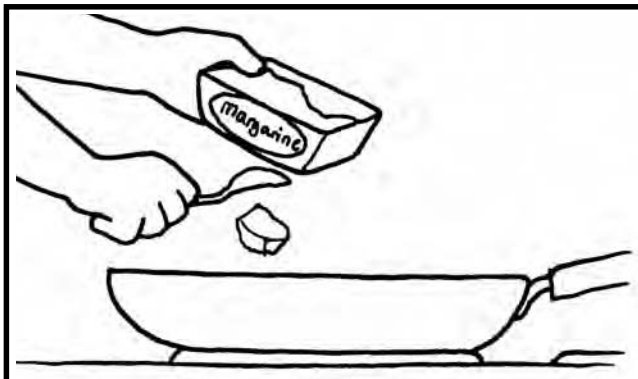
Mixing bowl	Sieve	Mixing spoon	Fork	Turner
Measuring jug	Cup	Frying pan	Scales	Measuring spoons



7. Whisk the egg with a fork.



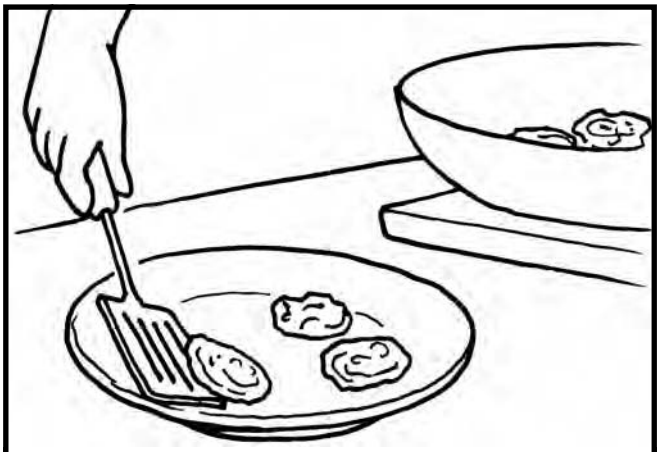
8. Add half of the egg to the bowl and mix.



9. Put a little margarine in a frying pan and heat.

10. Drop a tablespoon of batter in the frying pan.

11. Fry until the tops bubble. Then turn.



12. Fry until all are done.

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Wholemeal Drop Scones

Ingredients:
75g wholemeal flour
50g plain flour
25g caster sugar
125g milk
½ egg
1 dsp oil
Margarine
1 tsp baking powder

Equipment:
Mixing bowl
Measuring spoons
Mixing spoon
Cup
Fork
Meauring jug
Sieve
Frying pan
Turner
Scales

Instructions:

1. Sieve the flours and baking powder into a bowl.
2. Add the sugar and mix.
3. Add the milk a little at a time.
4. Mix to a smooth batter.
5. Add the oil and mix.
6. Crack the egg into a cup.
7. Whisk the egg with a fork.
8. Add half of the egg to the bowl and mix.
9. Put a little margarine in a frying pan and heat.
10. Drop a tablespoon of batter in the frying pan.
11. Fry until the tops bubble. Then turn.
12. Fry until all are done.

TIP
Share one egg between two sets of partners after you have whisked it.

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Tortillas

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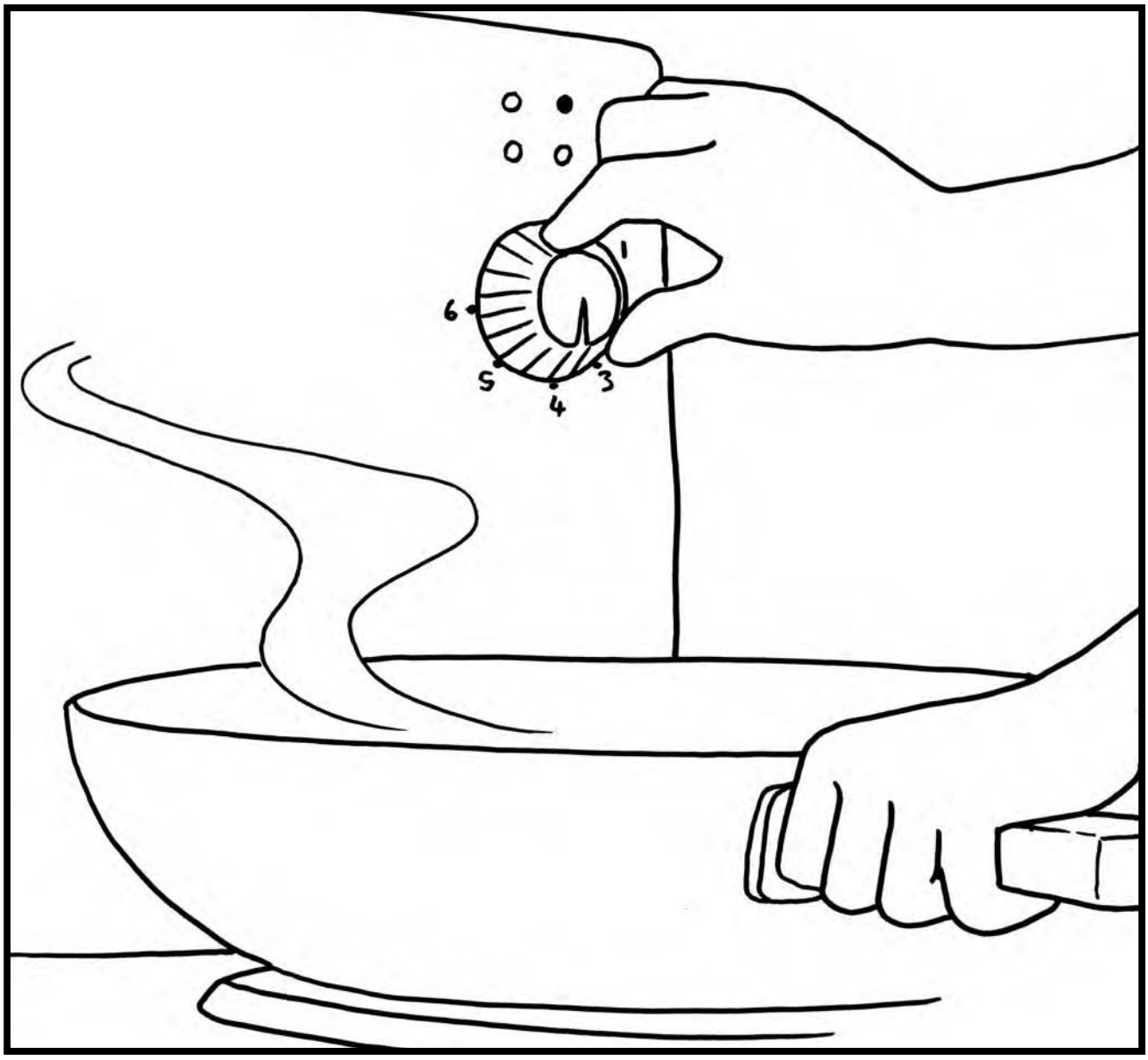
How to Cook on Low Heat

It is a useful skill to be able to cook on a low heat. This means that you will have to watch the saucepan or frying pan closely and adjust the controls if needed. You also need to know what it looks, sounds and smells like when the food is getting too hot or even too cool. It takes practice to learn this properly. The reason for cooking food on a low heat is to cook it through thoroughly without burning it.



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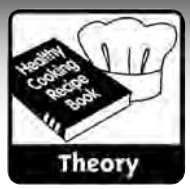
Tortilla is a Spanish Omelette



Tortilla is a Spanish omelette – very different from the thin, flat bread also called tortilla in Mexico. The Spanish tortilla is made with thin slices of potato and eggs. Other vegetables are often added as well.

Pathogens

Bacteria are killed at 70°C.

Most pathogens (harmful bacteria) grow best in temperatures between 5˚C and 63˚C, with optimum growth around 37˚C (the temperature of the human body). Pathogens are dormant at temperatures below 5˚C. At temperatures above 63˚C, their growth stops. However, pathogens are killed only at temperatures above 70˚C. It is therefore recommended that to kill pathogens during the cooking process, food must reach a temperature of 70˚C for 2 minutes. Therefore, make sure that your heat is not so low during the whole tortilla cooking process that it does not kill potential pathogens.

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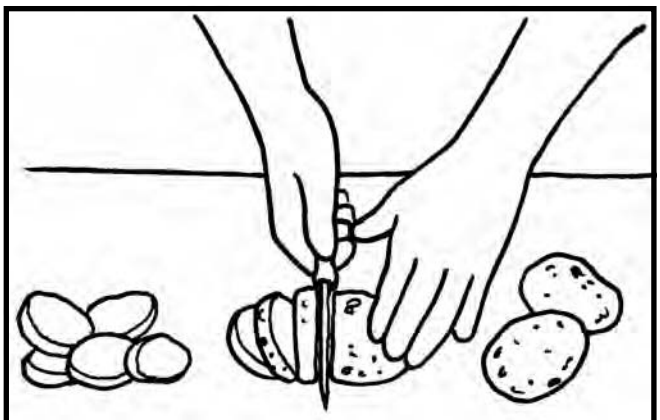
Tortilla

Recipe

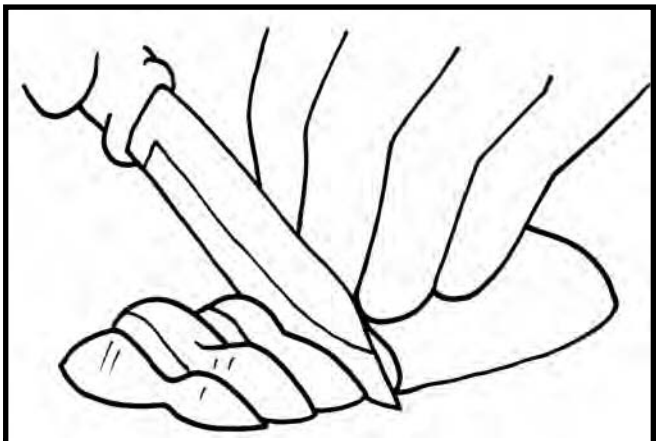
Ingredients:

5 small new potatoes
1 small onion
3 eggs
1 red/Orange pepper
5–10 runner beans
Olive oil

1. Wash the vegetables.

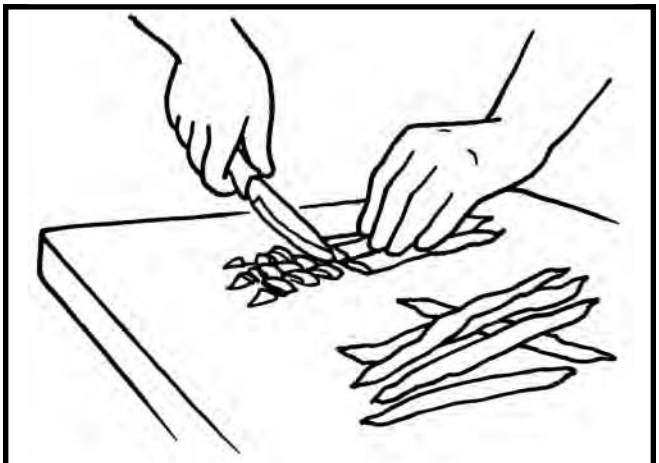


2. Cut the potatoes in thin slices.

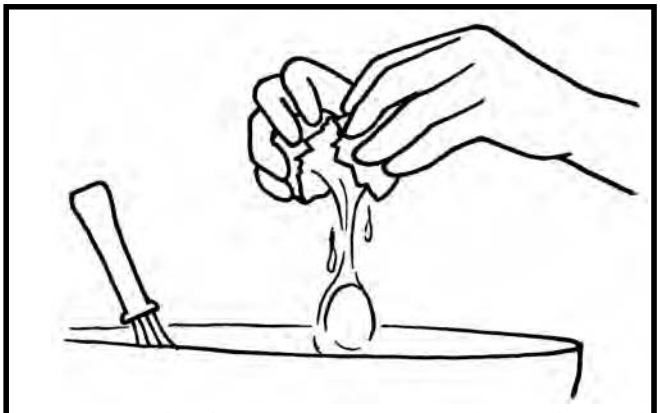


3. Cut the pepper thinly.

4. Chop the onion in small pieces.



5. Cut the beans in small pieces.



6. Crack the eggs into a bowl and whisk.

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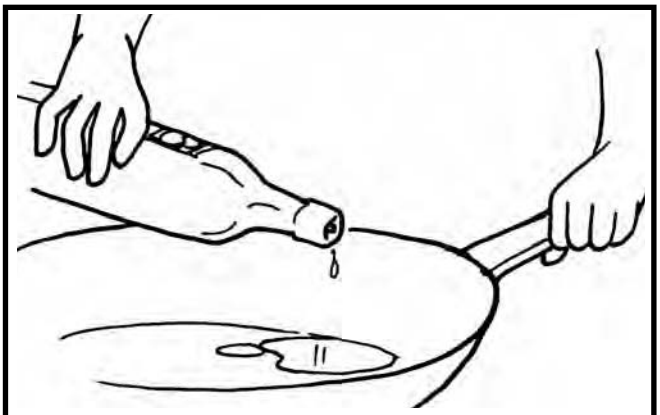
Tortilla (cont.)

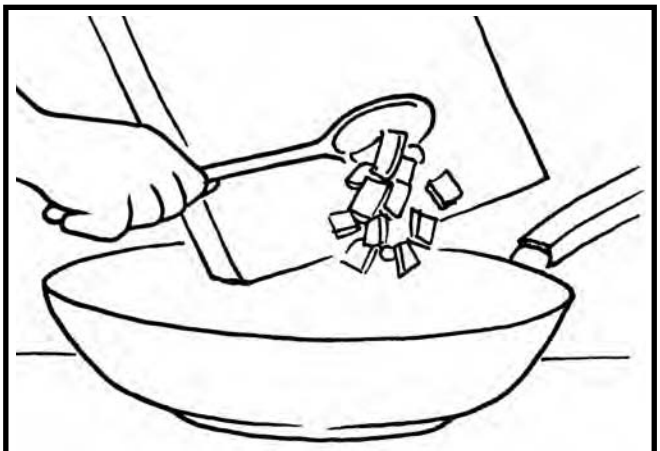
Recipe

Equipment:

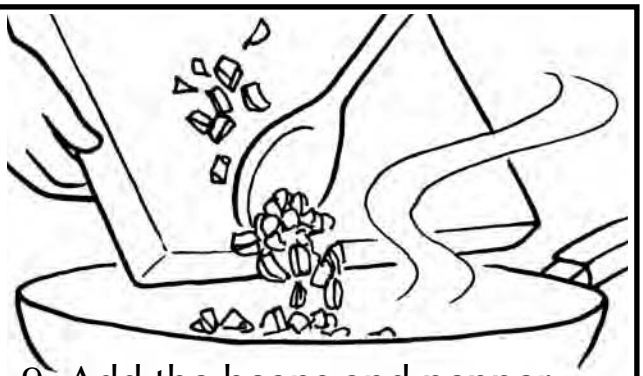
Chopping board Sharp knife Bowl Whisk/fork
Frying pan Turner



7. Heat a little oil in the frying pan.

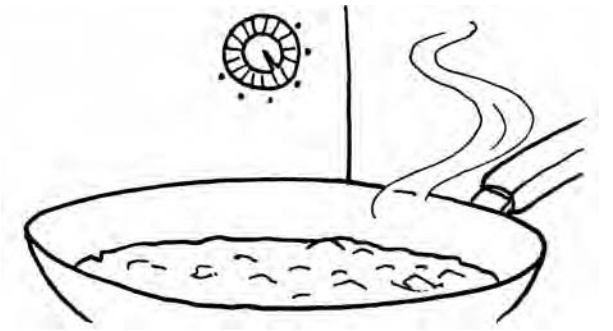


8. Fry the potatoes and onions.

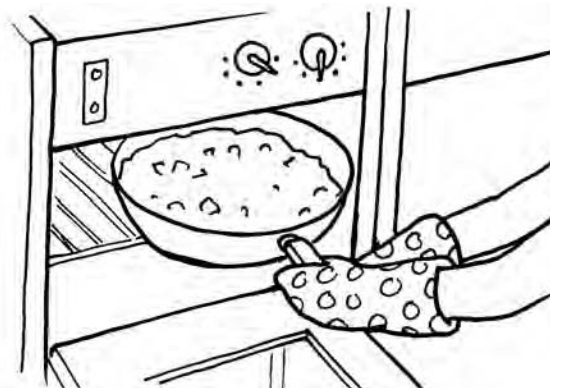


9. Add the beans and pepper and fry until potatoes are done.

10. Pour the whisked eggs over.



11. Fry on a low heat until the omelette is golden brown on the bottom.



12. Put it under a hot grill to finish off the top.

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Tortillas

Ingredients:
5 small new potatoes
1 small onion
1 red/orange pepper
5–10 runner beans
3 eggs
Olive oil

Equipment:
Chopping board
Sharp knife
Bowl
Whisk/fork
Frying pan
Turner

Instructions:

1. Wash the vegetables.
2. Cut the potatoes in thin slices.
3. Cut the pepper thinly.
4. Chop the onion in small pieces.
5. Cut the beans in small pieces.
6. Crack the eggs into a bowl and whisk.
7. Heat a little oil in the frying pan.
8. Fry the potatoes and onions.
9. Add the beans and pepper and fry until potatoes are done.
10. Pour the whisked eggs over.
11. Fry on a low heat until the omelette is golden brown on the bottom.
12. Put under a hot grill to finish off the top.

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Spicy Meatballs

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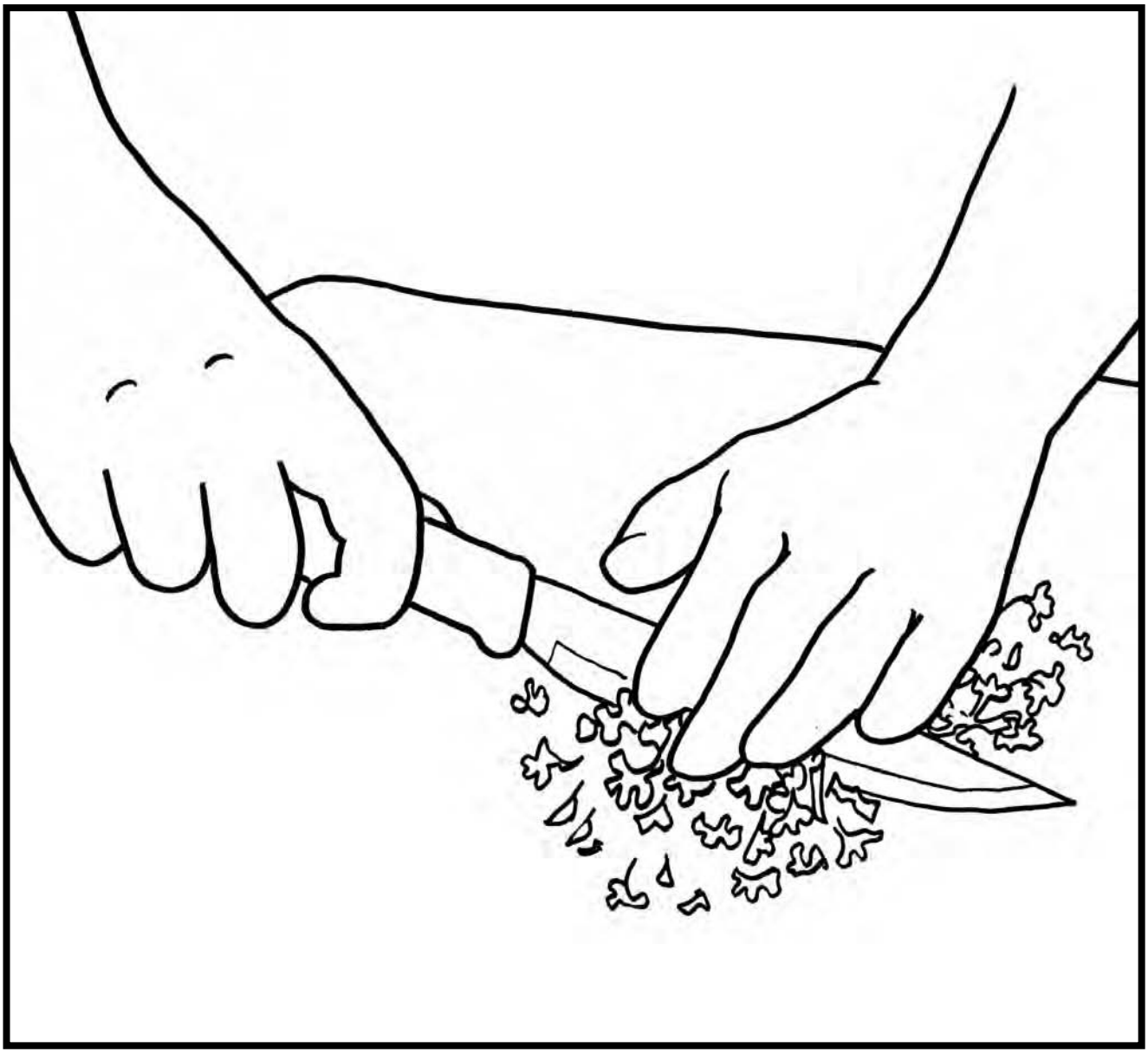
How to Chop Parsley

To chop parsley, you have to gather all the washed parsley leaves into a tight heap. Whilst you hold onto the heap with one hand, you chop it from one end. When it has been chopped roughly, you start cutting the heap of parsley again from one end to the other. If you are capable with a knife, you can guide the knife gently by putting your hand on top of the knife as you are cutting the parsley. Remember to gather the loose parsley every now and again and continue until all the parsley is finely chopped.



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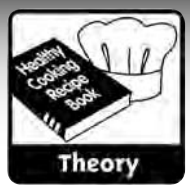
How Do You Plan Your Meals?



When you plan your meals, you have to look at the bigger picture. The idea is that you get all the nutrients you need as often as you need. It is therefore sensible to plan a whole week's meals in one go, making sure that each meal covers all the basic nutrients. You do not need all nutrients every day, because the body can store certain nutrients, but make sure that these are covered some time in the week.

Storing Meat in the Fridge

Store raw meat at the bottom of the fridge.

Always store raw meat at the bottom of the fridge. This is to avoid cross-contamination, as raw meat may drip juices onto other food. Keep cooked and uncooked foods apart so that the uncooked foods do not pass on any bacteria to the cooked foods.

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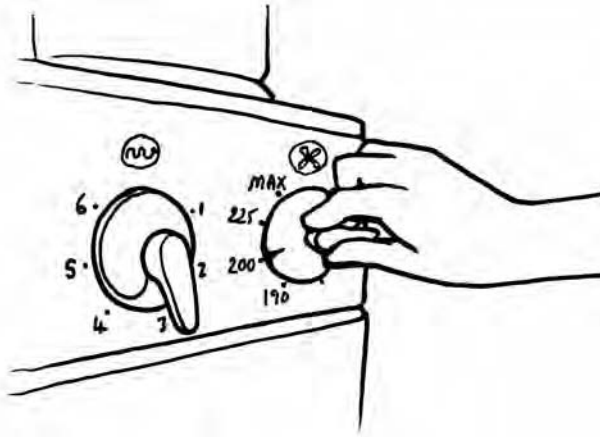
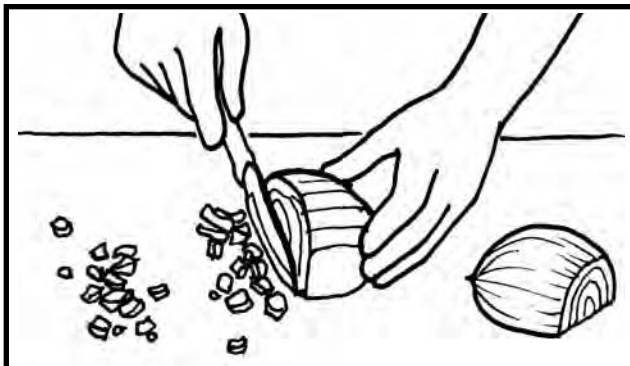
Spicy Meatballs

Ingredients: 250g lean sausage meat 25g porridge oats
1 small onion 1 tbsp tomato ketchup 1 tsp curry powder
2 tbsp chopped parsley ½ tbsp Worcestershire sauce



1. Put the oven on 200°C.

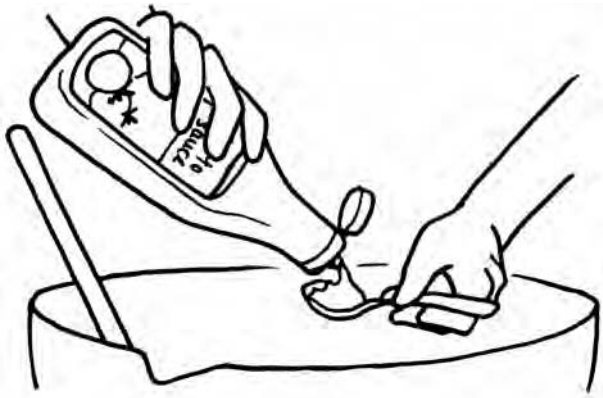


2. Chop the onion finely and put in bowl.

3. Add the meat and mix.

4. Add the porridge oats and mix.

5. Add the Worcestershire sauce and mix.



6. Add the tomato ketchup and curry powder and mix.

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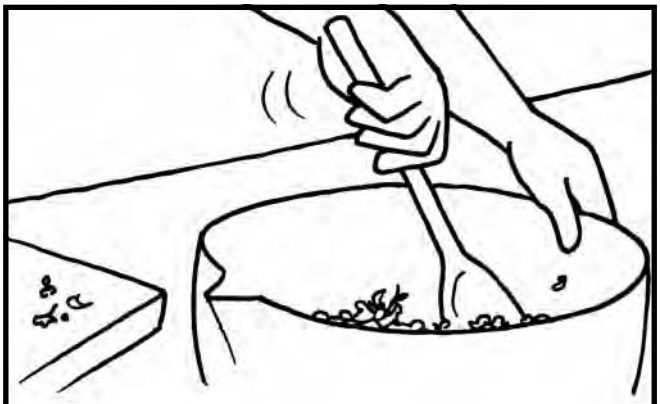
Spicy Meatballs (cont.)

Recipe

Equipment:

Chopping board Sharp knife Mixing bowl Scales
Mixing spoon Baking tray Measuring spoons

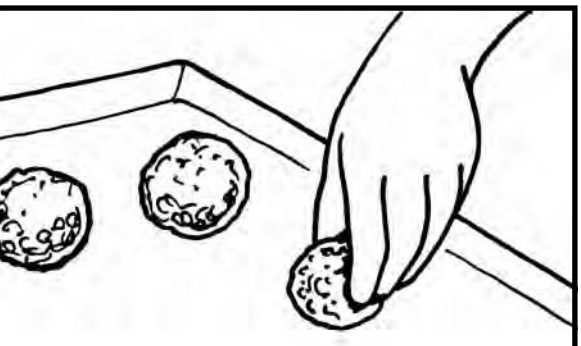
7. Wash and chop the parsley.



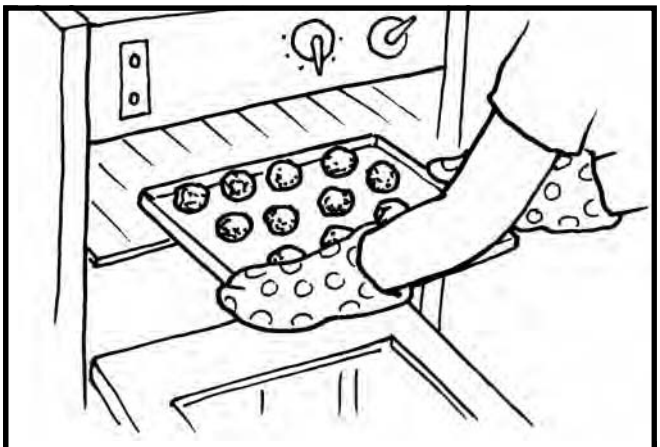
8. Add the chopped parsley and mix.

9. Grease a baking tray.

10. Shape the mixture into small balls.



11. Put the balls on the baking tray.



12. Bake for 25 minutes.

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Spicy Meatballs

Ingredients:
1 small onion
250g lean sausage meat
25g porridge oats
½ tbsp Worcestershire sauce
1 tbsp tomato ketchup
1 tsp curry powder
2 tbsp chopped parsley

Equipment:
Chopping board
Sharp knife
Mixing bowl
Mixing spoon
Scales
Measuring spoons
Baking tray

Instructions:

1. Put the oven on 200˚C.
2. Cut the onion finely and put in bowl.
3. Add the meat and mix.
4. Add the porridge oats and mix.
5. Add the Worcestershire sauce and mix.
6. Add the tomato ketchup and curry powder and mix.
7. Wash and chop the parsley.
8. Add the chopped parsley and mix.
9. Grease a baking tray.
10. Shape the mixture into small balls.
11. Put the balls on the baking tray.
12. Bake for 50 minutes.

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Macaroni Cheese

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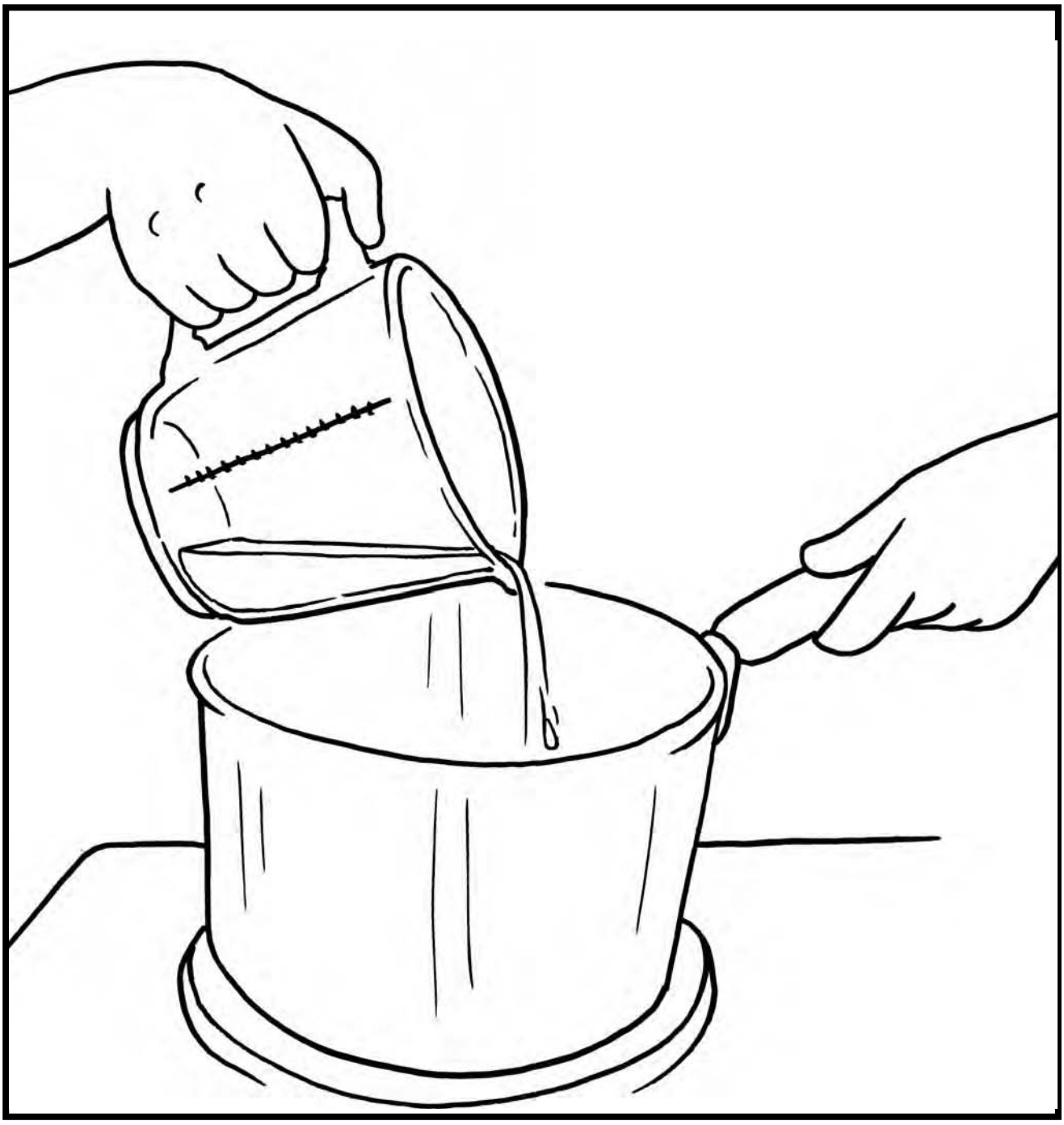
How to Add Liquid Gradually

Skill

When you make macaroni cheese, you have to add the milk gradually to make the sauce. This enables you to mix a smooth sauce, and it allows the mixture to thicken slowly. You have to know how much milk to add, and you have to remember that it thickens gradually over heat and not straight away.



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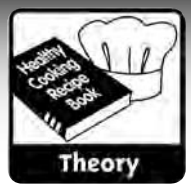
How to Store Milk



You store milk in the fridge. Keep the milk container closed in order to avoid the absorption of other food flavours. Always return the milk to the fridge as soon as you have used it; don't just leave it on the kitchen table. Always use the milk before the best-before date.

Avoiding Obesity

Obesity is the terminology used to describe the condition of people who are very, very fat – more than just a few pounds overweight. It is, in fact, a medical term used for very overweight people (people who carry more than 20% extra body weight). These people are at an increased risk of a lot of diseases, such as diabetes, high blood pressure and heart disease.

To avoid obesity, you have to eat a healthy and balanced diet. You can eat as much fresh fruit and vegetables as you like, but remember to avoid eating junk food and sweets more than once-a-week as these foods are full of fats, salts and sugars. Exercise plays a key role to keeping your weight down, although some overweight people have medical conditions that prevent them from losing weight.

Eat sensibly, exercise more.

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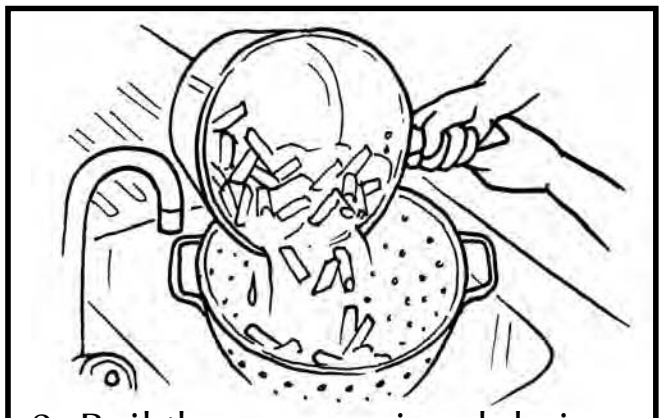
Macaroni Cheese

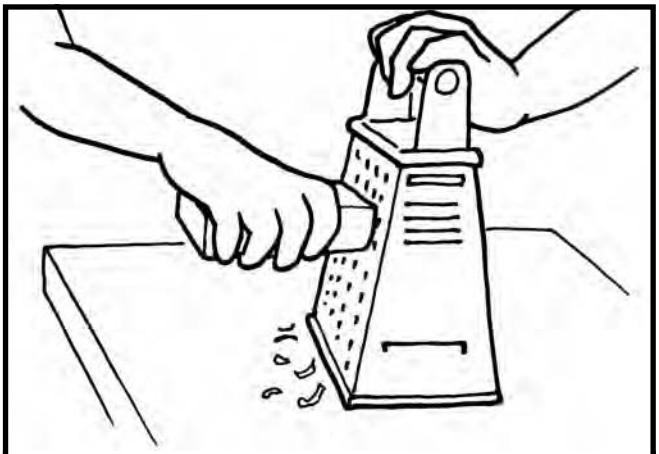
Ingredients:

150g macaroni	50g plain flour	250ml milk
50g margarine	50g cheese	Water

1. Put plenty of water in a saucepan and bring to the boil.

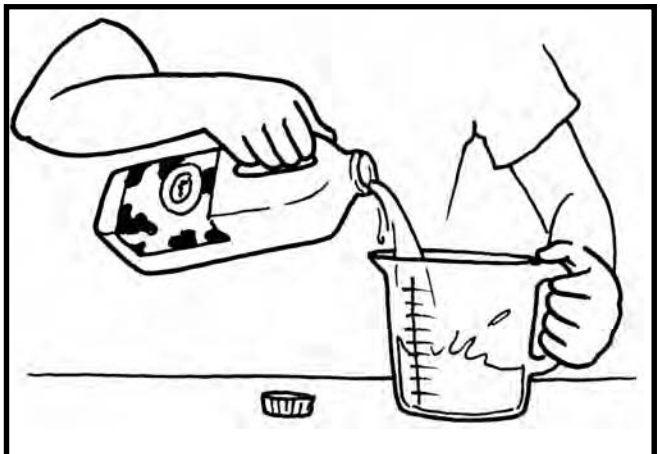


2. Boil the macaroni and drain when cooked.

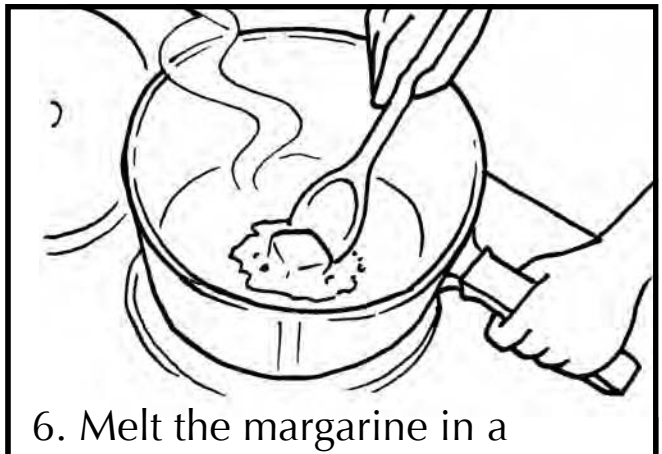


3. Grate the cheese.

4. Measure flour.



5. Measure milk.



6. Melt the margarine in a saucepan.

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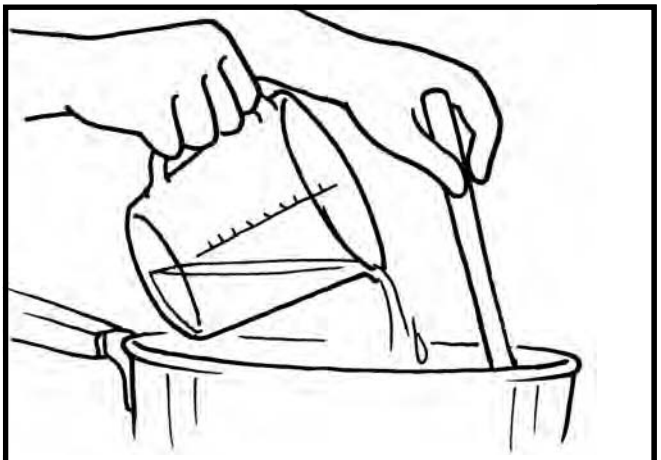
Macaroni Cheese (cont.)

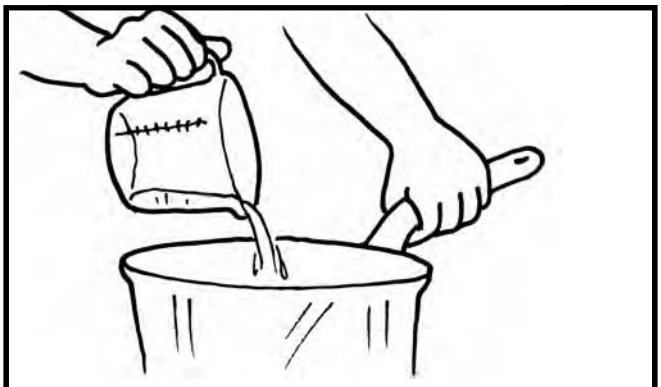
Equipment:

2 saucepans Colander Oven-proof dish Grater
Scales Measuring jug Mixing spoon

7. Add flour and stir.



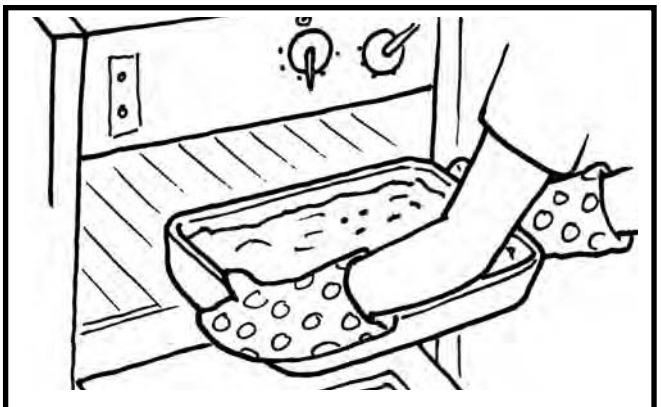
8. Add a little milk and stir.



9. Add rest of milk a little at a time. Keep stirring.

10. Add cheese and mix.

11. Add sauce to macaroni and mix.



12. Put in oven-proof dish. Grill until brown.

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Macaroni Cheese

Ingredients:
150g macaroni
50g plain flour
250ml milk
50g margarine
50g cheese

Equipment:
2 saucepans
Colander
Grater
Oven-proof dish
Scales
Measuring jug
Mixing spoon

Instructions:

1. Put plenty of water in a saucepan and bring to the boil.
2. Boil the macaroni and drain when cooked.
3. Grate the cheese.
4. Measure flour.
5. Measure milk.
6. Melt the margarine in a saucepan.
7. Add flour and stir.
8. Add a little milk and stir.
9. Add rest of milk a little at a time. Keep stirring.
10. Add cheese and mix.
11. Add sauce to macaroni and mix.
12. Put in oven-proof dish. Grill until brown.

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Vegetable Samosas

How to Add Food Gradually

When you have a number of foods to fry in the same frying pan, chances are that you will not add them all at the same time. This is because different foods need different amounts of frying time. Some need more and some need less, and you add them gradually so that it will all be finished and ready at the same time. It takes a lot of food knowledge to be able to do this well.

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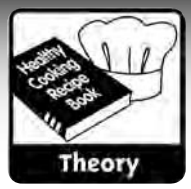
Where Do Samosas Come From?



Samosas are very common in South Asian countries, such as Pakistan, India and Nepal. It is believed that samosas originally came from Central Asia as far back as before the 10th century. Traditionally, samosas are fried, but many people prefer to bake them nowadays.

A Healthy Mind in a Healthy Body

"A healthy mind in a healthy body" is in fact a quote from the Roman poet Juvenal (55AD to 127AD). It is a quote that has been much used ever since. Basically, it means that if you feel well physically, you will feel well mentally. Your mental and physical well-being are linked. We still very much believe this today when we talk about Healthy Living. In other words: exercise, healthy eating and happiness in general are all linked. Think about it!

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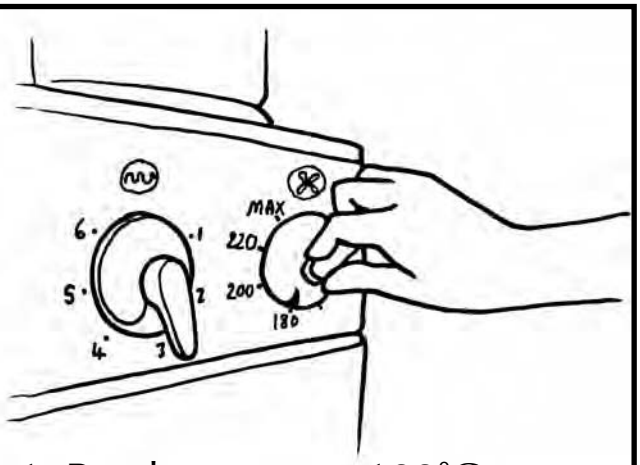
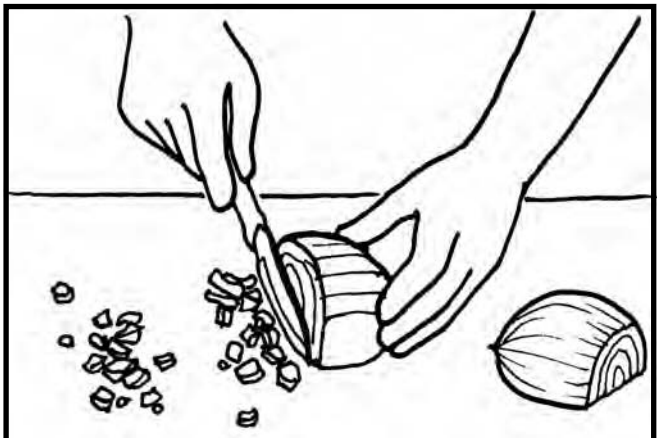
Vegetable Samosas

Ingredients: 4 tbsp oil, 50g frozen peas, 1 onion, Filo pastry, 1 potato, 2 carrots, Water, 2 tsp garam masala, 3 cauliflower florets

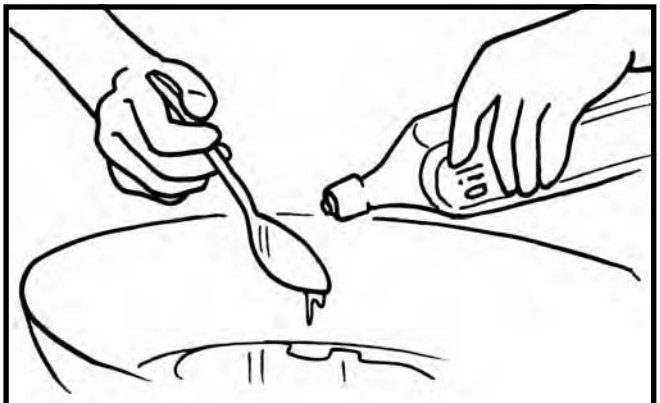


1. Put the oven on 180˚C.

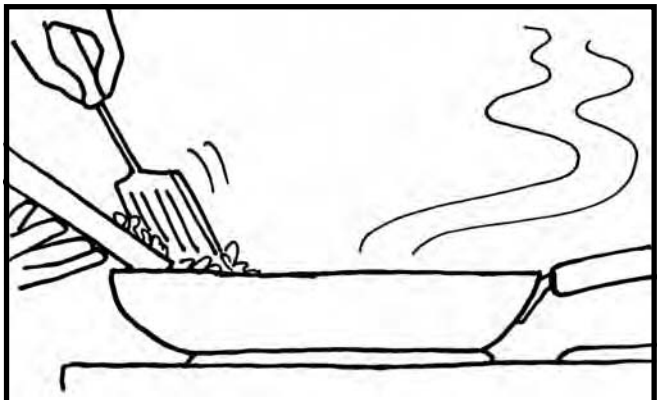


2. Peel onion and chop finely.

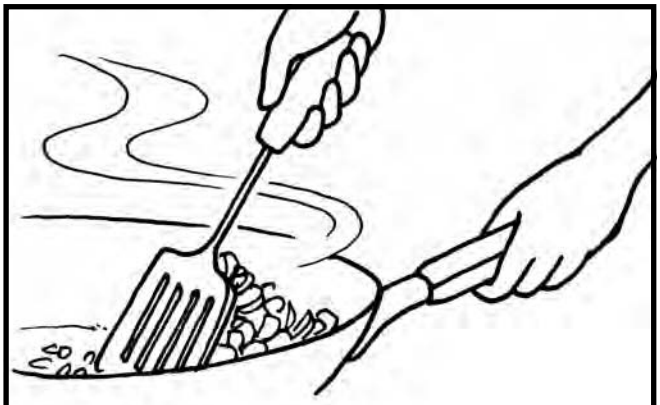
3. Peel potato and carrots and chop finely.



4. Put oil in a frying pan and heat.



5. Add onion and fry for 2 minutes.



6. Add potato and carrots and fry for 5 minutes.

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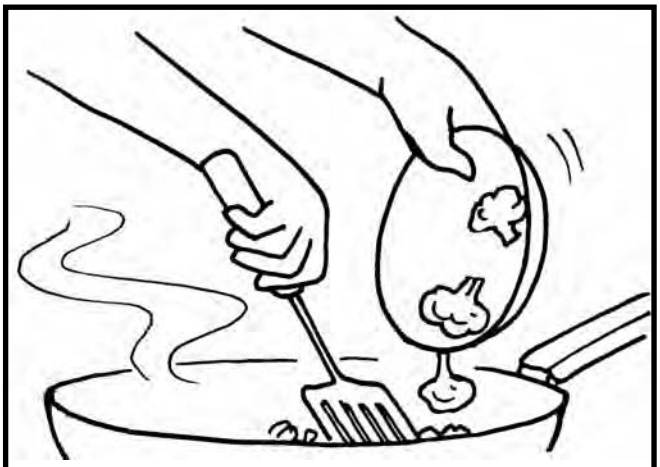
Vegetable Samosas (cont.)

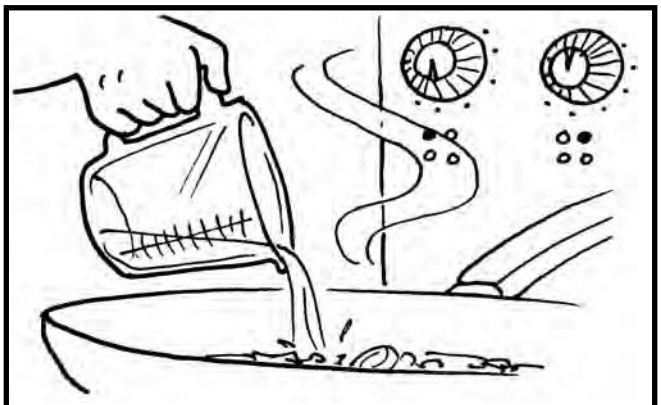
Equipment:

Sharp knife, Baking tray, Chopping board, Peeler, Frying pan, Turner, Teaspoon, Tablespoon, Scales

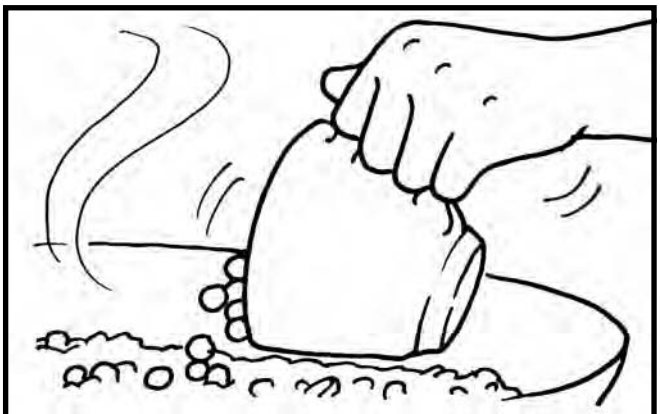
7. Add garam masala and fry for 2 minutes.



8. Add cauliflower florets.

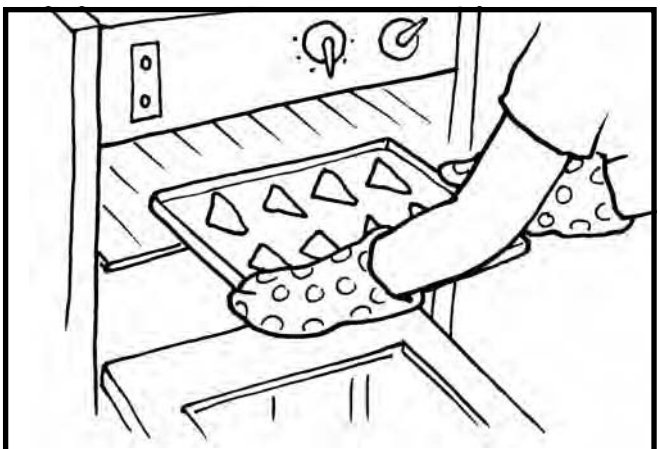


9. Add some water and simmer for 10 minutes.



10. Add peas and simmer until the water is gone.

11. Spoon mixture onto filo pastry and fold samosas (see Börek, Lesson 5).



12. Bake for 10 minutes.

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Vegetable Samosas

Ingredients:
4 tbsp oil
50g frozen peas
1 onion
Filo pastry
1 potato
2 carrots
2 tsp garam masala
Water
3 cauliflower florets

Equipment:
Sharp knife
Baking tray
Chopping board
Peeler
Frying pan
Turner
Teaspoon
Tablespoon
Scales

Instructions:

1. Put oven on 180˚C.
2. Peel onion and chop finely.
3. Peel potato and carrots and chop finely.
4. Put oil in a frying pan and heat.
5. Add onion and fry for 2 minutes.
6. Add potato and carrot and fry for 5 minutes.
7. Add garam masala and fry for 2 minutes.
8. Add cauliflower florets.
9. Add some water and simmer for 10 minutes.
10. Add peas and simmer until the water is gone.
11. Spoon mixture onto filo pastry and fold samosas (see Börek, (see Lesson 5).
12. Bake for 10 minutes.

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What Can You Remember? (1)

Take this quiz after lesson 6.

1. Can you find more than one type of nutrient in the same food?
   No | Yes | Only on Sundays

2. What is Omega 3?
   A type of protein | A healthy type of fat | A type of sweetener

3. Where do you find Omega 3?
   In vegetables | In oily fish | In sweets

4. What is Omega 3 good for?
   The kidneys | The lungs | The heart

5. What is Salmonella?
   A type of bacteria | A leaping fish | A rare fruit bat

6. Where is Salmonella found in particular?
   In lamb | In beef | In chicken and egg

7. How can you avoid Salmonella infections?
   Wash your shoes | Wash your hair | Wash your hands

8. What did onions symbolise in Ancient Egypt?
   Eternal life | A good marriage | Wealth

9. In which cuisine do you often find feta?
   Greek | French | Chinese

10. Can food last forever if it is stored correctly?
    No | Yes | Only frozen food

Name _____ Date _____ Score _____

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What Can You Remember? (2)

Take this quiz after lesson 12.

1. What is a piece of bacon called?
   A rasher | A basher | A dasher

2. What does the date information displayed on food packaging tell us?
   When the food was made | Use by/sell by date | When it will snow

3. If the egg is fresh it should…
   Sink to the bottom in water | Float in water | Explode in water

4. What happens as eggs get older?
   An air pocket inside gets larger | The yolk gets lighter | The white gets whiter

5. What is a tortilla?
   A Latin American dance | A small furry animal | A Spanish omelette

6. What is a pathogen?
   An energy efficient light bulb | A harmful bacteria/ micro-organism | A mad person

7. At which temperature are pathogens killed?
   70°C | 7°C | -7°C

8. What is the optimum temperature for pathogen growth?
   3.7°C | 37°C | 73°C

9. How do you kill pathogens during cooking?
   Cook at 70°C for 2 mins | Cook at 7°C for 2 hrs | Cook at 37°C for 20 mins

10. Where should you store raw meat in the fridge?
    At the top | In the middle | At the bottom

Name _____ Date _____ Score _____

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Certificate of Achievement

Healthy Cooking for Secondary Schools, Book 5

Name _____

Is Able to

Roll a Croissant

Coat in Flour

Check Chicken

Use Filo Pastry

Fold a Börek or Samosa

Cut a Pepper

Grill Bacon

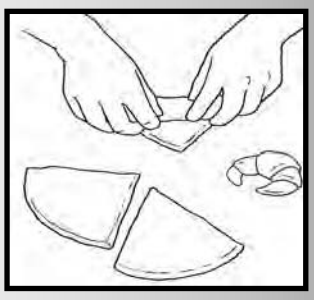
Turn a Drop Scone

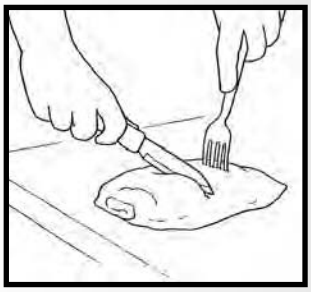
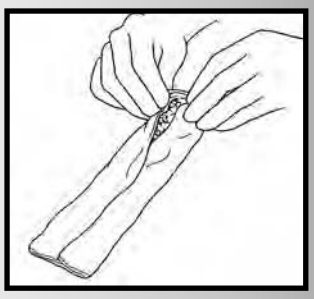
Cook on Low Heat

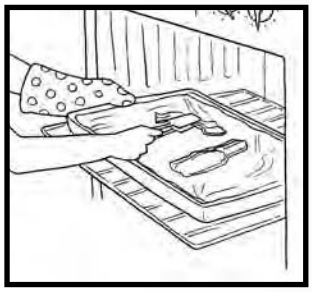
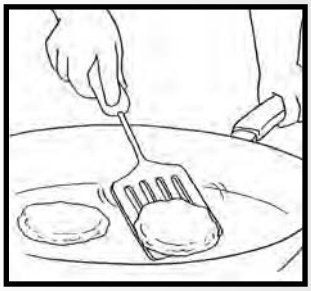
Chop Parsley

Add Liquid Gradually

Add Food Gradually



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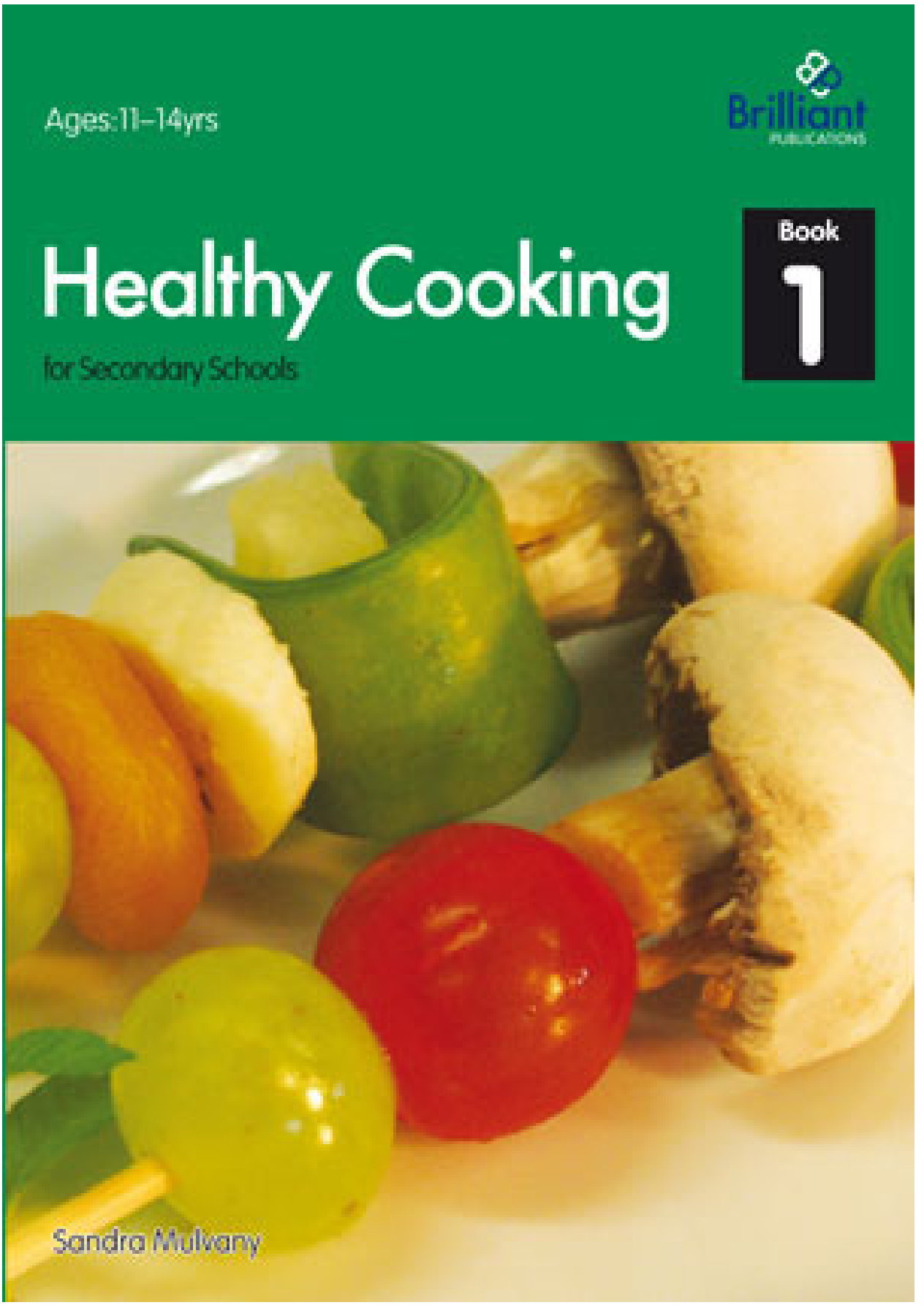

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